Fizeek

MAY
1959
Number 1
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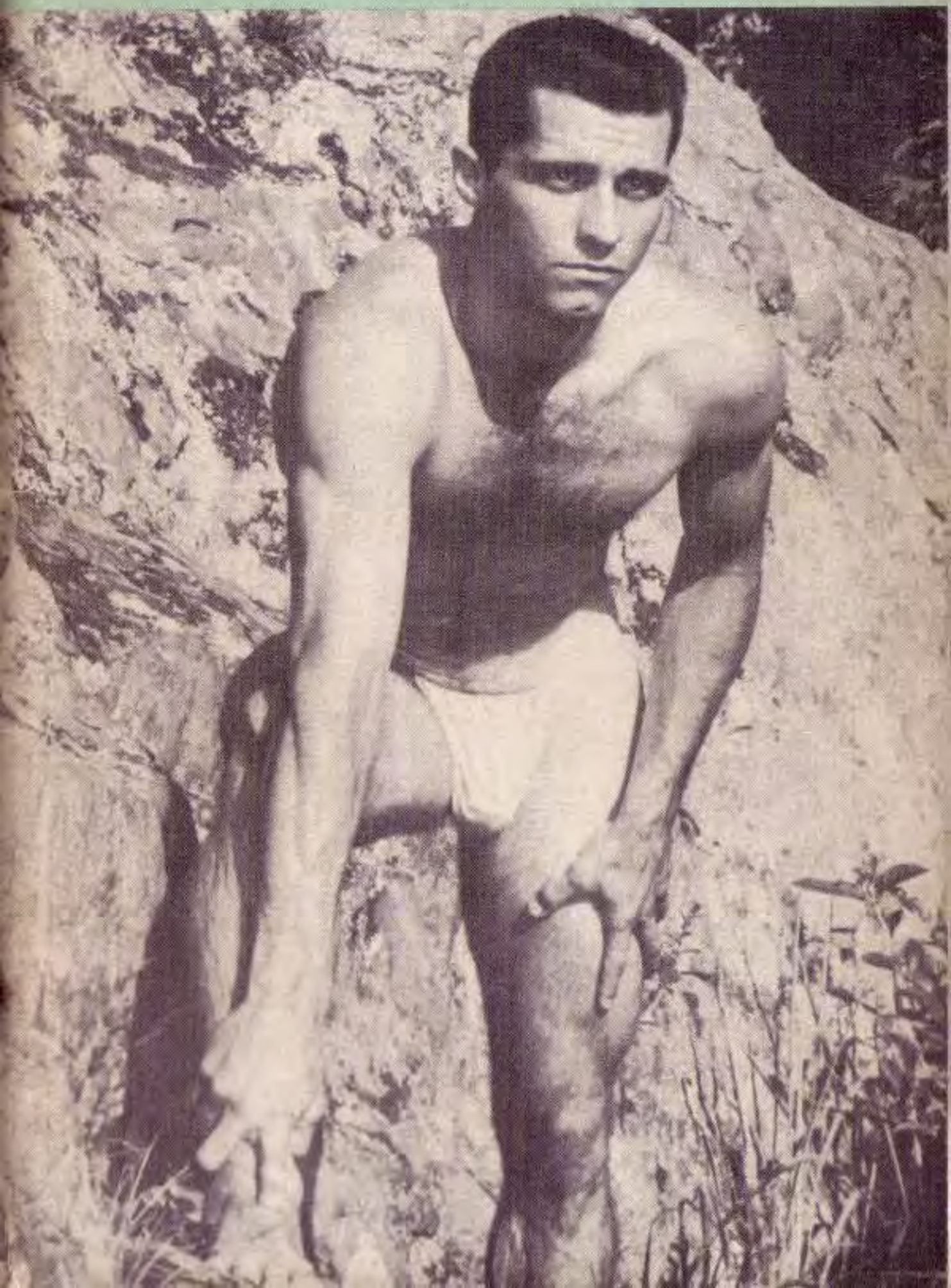
ALLIED

PRESENTING THE BEST IN
PHYSIQUE ART AND PHOTOGRAPHY



DAVE ZURGORG.
Photo by BRUCE.

Fizeek

The only thing "new" about **FIZEEK** is the combination of quantity and quality of physique art and photos which each issue will bring to you. VULCAN thought up the name and used it on a "one shot" venture several years ago. We liked the name then and still do. Thanks to VULCAN we are now able to use it.

All of our space will be used for art and photography. We will not write letters to ourselves and put "E. B., N.Y.C." after them. We will not run contests in which we have the "winner's" name in type for the next issue while readers are ostensibly selecting him. The editorial content will not demand that you buy our weights if you are to have any physical development of worth. We have no "super" food supplements to sell; rather, we suggest that if you desire to gain or lose weight, see your physician. We do not even pretend that our models are "The World's Handsomest"—but they are the same ones you will find in all the other physique magazines.

We would rather diminish your pocketbook than change your personality, develop your muscles, remove your acne, or solve your sex problems.

P.S. Your Editor isn't "The World's Greatest" anything!

COVERMAN: All American athlete JOE SEIVOLD, a ROD CROWTHER exclusive.

FIZEEK • Number 1 • May 1959

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ALEX JEZIERSKI, one of our favorite body-builders, in a photo by JACK SIDNEY.

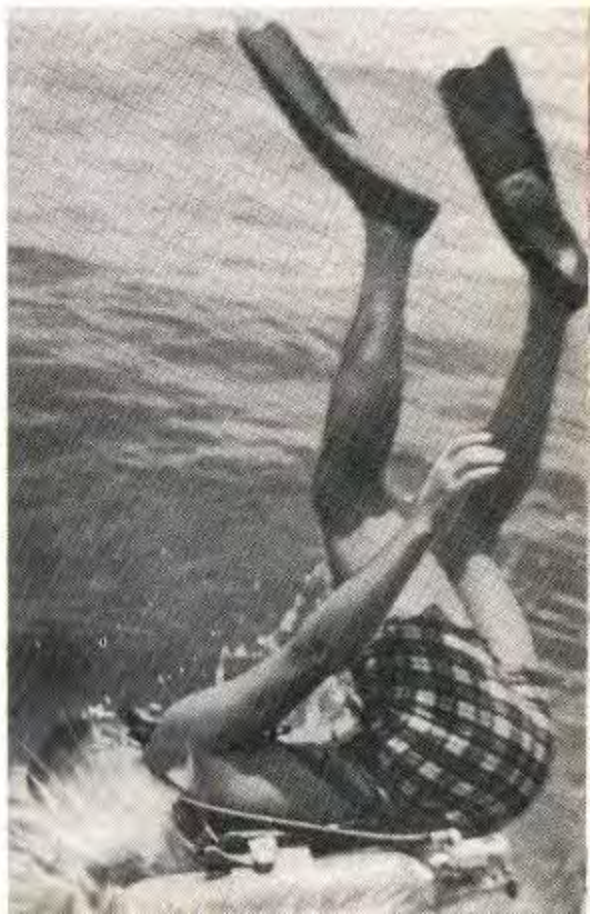
SKIN DIVING — Bodybuilding Underwater

by
CARLSON WADE

The ocean is a storehouse of treasures for the bodybuilder and exercise enthusiast. Here is your chance to improve your general physical condition and build up fully developed shoulders and deltoid muscles—and you'll have lots of fun and adventure all at the same time. Skin diving is a recreation that has increased in popularity in leaps and bounds in the past few years. Already, bodybuilders recognize the tremendous results that can be obtained from becoming an active skin diver—and it's all so surprisingly simple and inexpensive.

First, you must know how to swim and dive as well. If you're a good swimmer, don't attempt skin diving unless you first spend practice sessions diving from a high board. Adjust your lung breathing capacity for underwater. Get adjusted to swimming beneath the surface of the water. Learn to see below water level—all without any special skin diving equipment. This will make you a better skin diver later on.

Skin diving is not a new sport. As far back as the 14th Century, pearl divers in the Persian Gulf would wear a mask of polished tortoise shell so they could see below the water. Even today, in small Pacific islands, native sponge and pearl divers do so completely naked without any equipment —they claim they can swim faster without being hampered by cloth-



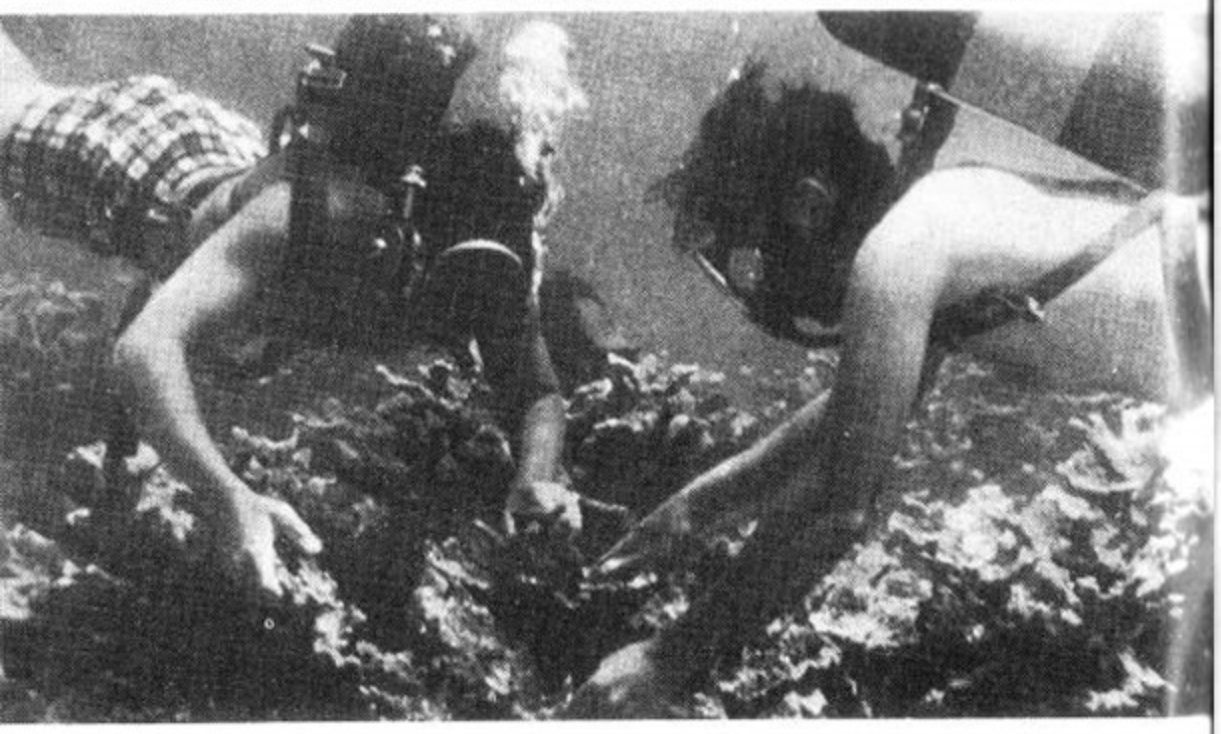
Dive head first and backwards so that the air tank is pushed downward by your body weight. →

ing and can see as clearly as in broad daylight when they're down deep. This is true because 100 feet down, water pressure flattens out your cornea, enabling better vision. But to the body building skin diver, it's advisable to dive fully equipped.

The materials you need are quite simple and very inexpensive. Don't look for bargains. Don't buy second-hand items. Look for the best in quality and the best in comfort. This does not mean it will cost you a lot; it means you'll be getting the most for what you pay. Here is what you need:

Face Mask. It must be a perfect fit. No air leaks of any sort. Voit masks, as they are called, are the most popular. Your mask should be able to remain tight with just a small sniff. As you dive deep, to equalize pressure, snort inside your mask.

Snorkel. A straight-pipe tube-like object, this is fastened onto your face mask. Stray water getting into your mask is removed by a sharp snort through your snorkel. This item permits you to remain underwater for more than an hour,



These coral hunters are using compressed air tanks instantly detachable from the body in an emergency.

never raising your head above water. You can cruise around, face down, with full comfort.

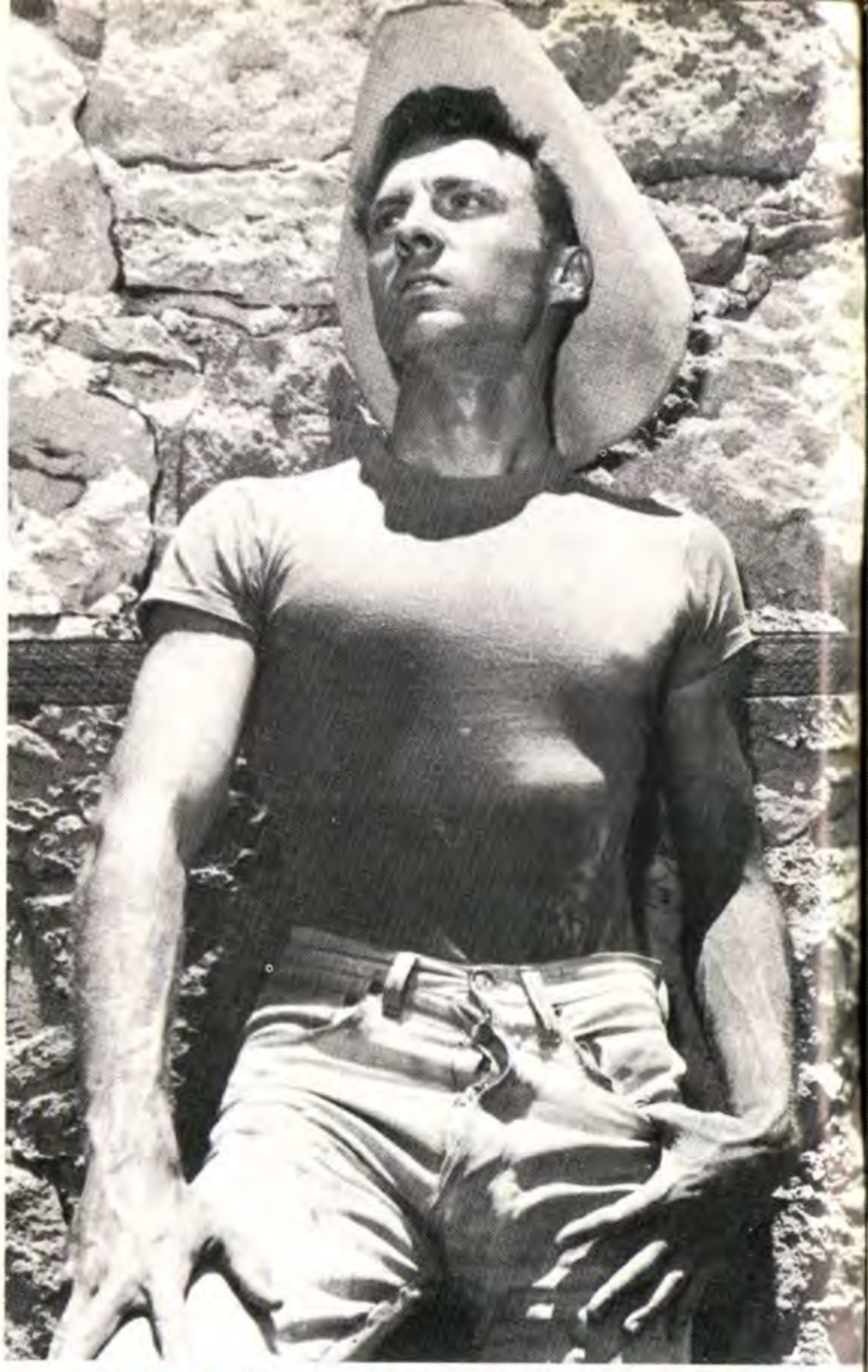
Swim Fins. Attached to your legs like huge shoes, the fins enable you to swim twice as fast, with less pressure and strain. To prevent chafing of your heels, wear foam rubber boot socks on your feet and wear your fins over them.

Swim Trunks. Snug fitting trunks with a built-in athletic supporter are important. Special skin diving trunks are also available for a dollar or so more in price and well worth it. These trunks zipper down on both sides and can be slipped off in a jiffy. Your waist is bound with a rope which can be looped for easy securing of lines. The back has a strong elastic insert making it a snug fit. They also come in camouflage colors so fish (who are color-blind anyway) won't get frightened.

All right, you've got your equipment, now let's get set to go exploring. First, your face mask may fog from breathing underwater. Here's a tip. Rub saliva both along the inside and outside of the glass of your mask. Rinse out under cold water, put on your mask. Your vision will be clear of steam for as long as you're beneath water level. Get used to your mask and snorkel. Practice breathing and wearing it on shore. Walk around with your equipment on—including your fins. Get adjusted to this apparatus so it won't be strange when you're down below.

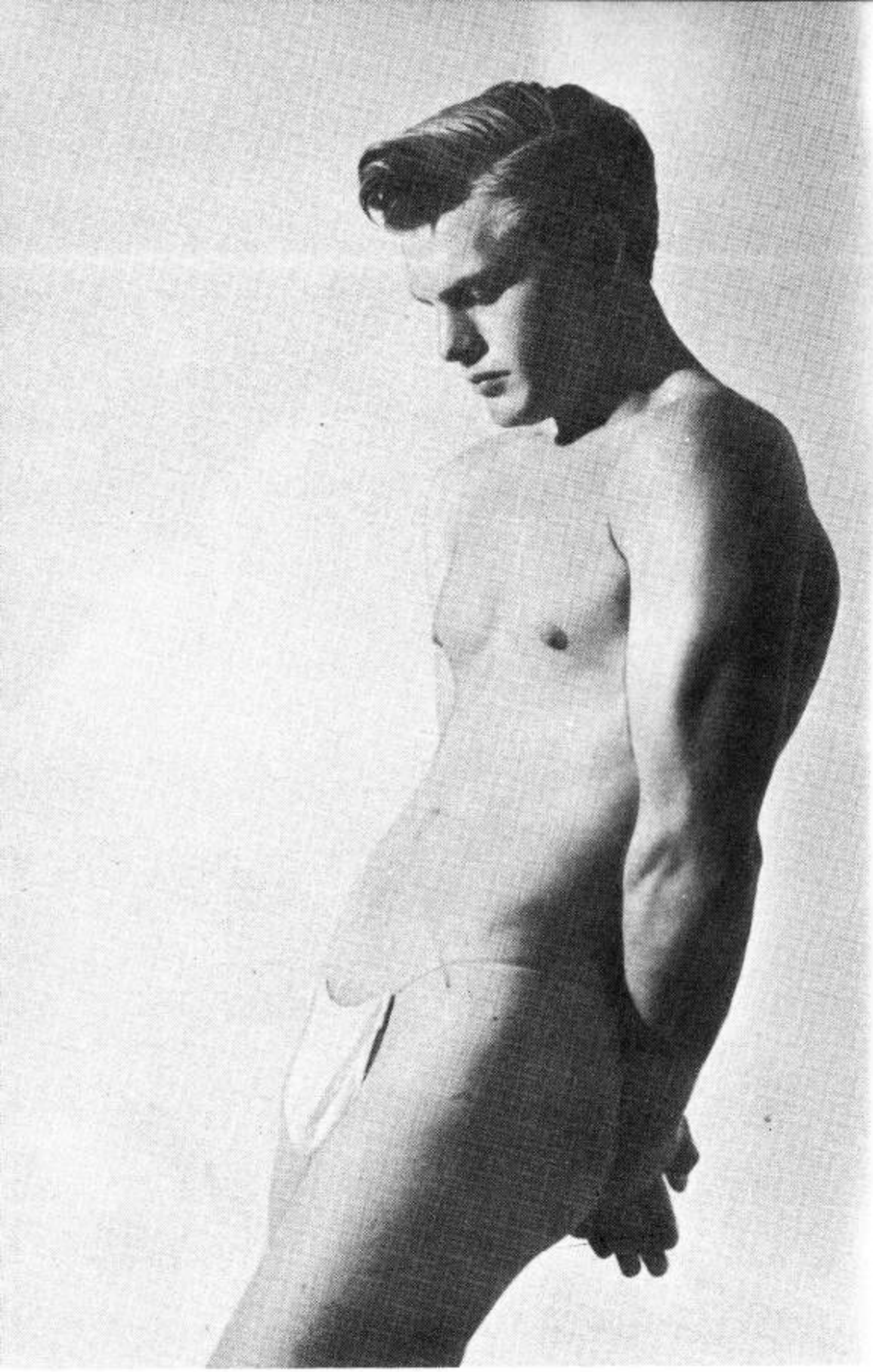
(This is the first of several articles on skin diving.)

Photographing a limestone coral reef with a pressurized water-tight movie camera. →

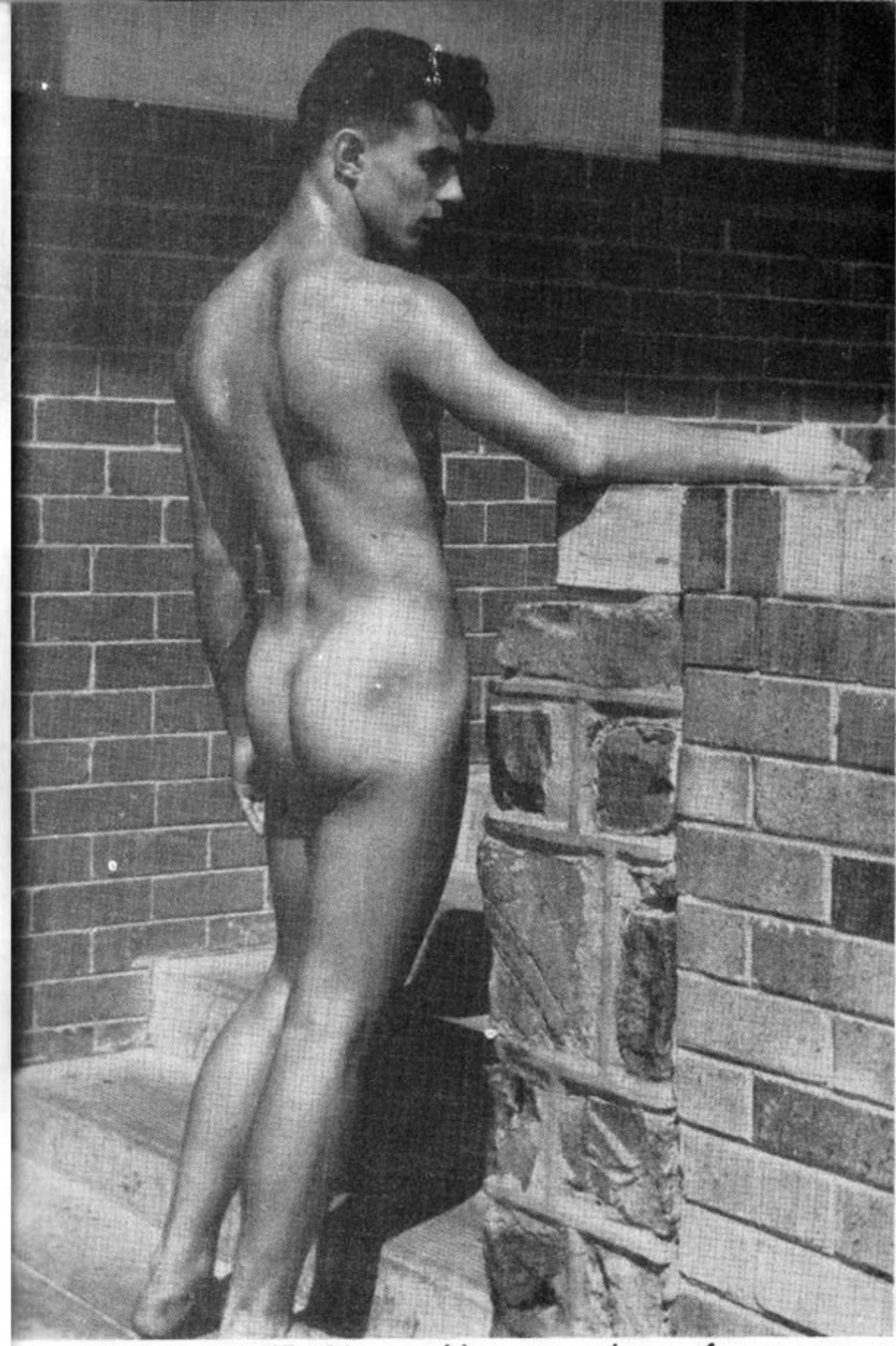


CHUCK FINLEY, 19, is now making his mark in Hollywood after many successes in T.V., Radio and the Theatre. Photo by APOLLO.

M. C. WOODS sent in this excellent shot of the ever popular West Coast physique star KIP MACDONALD.



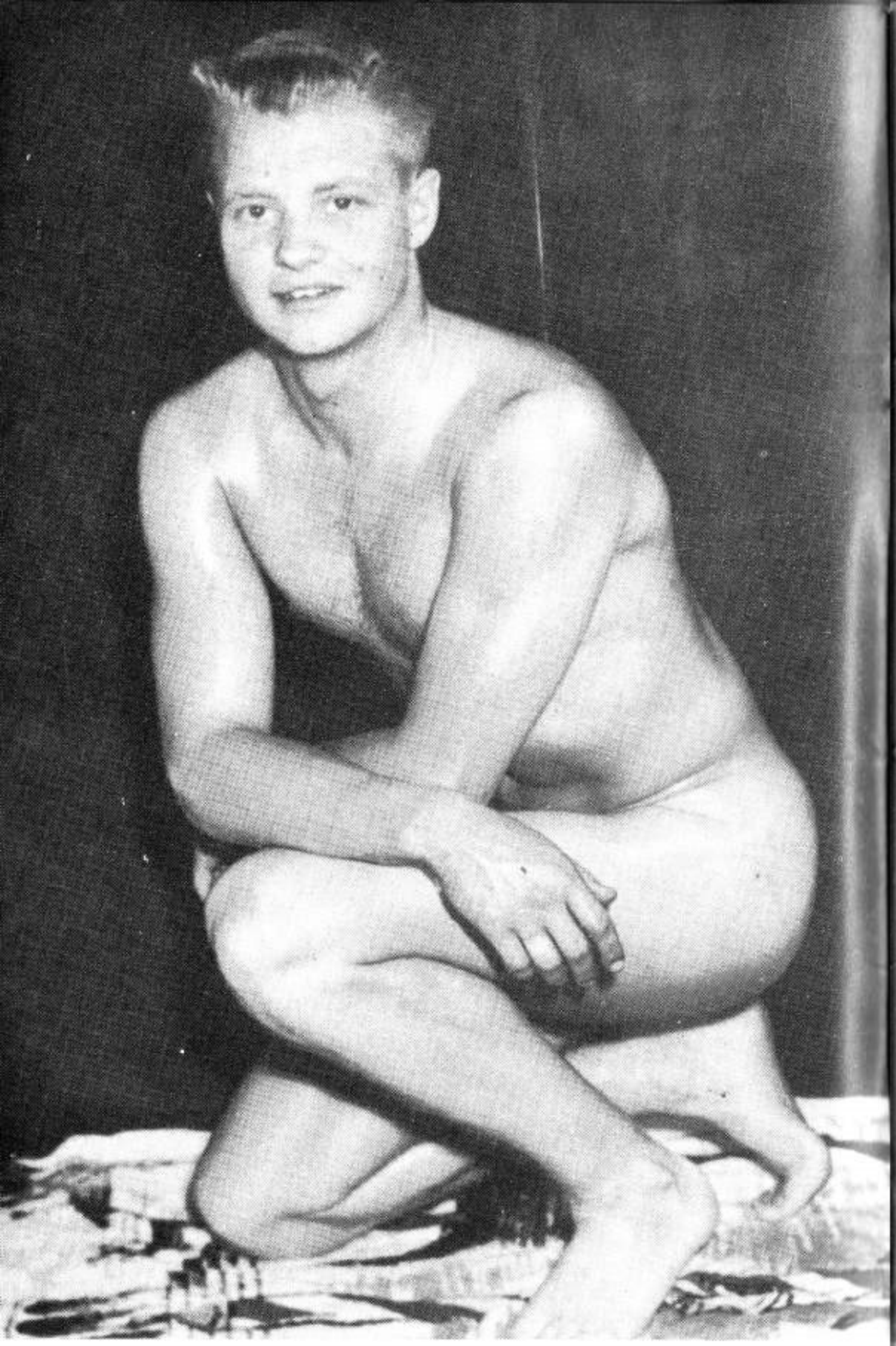
Youthful DALE ALESON, featured in Catalog 59 from VULCAN, sets a pensive mood here.



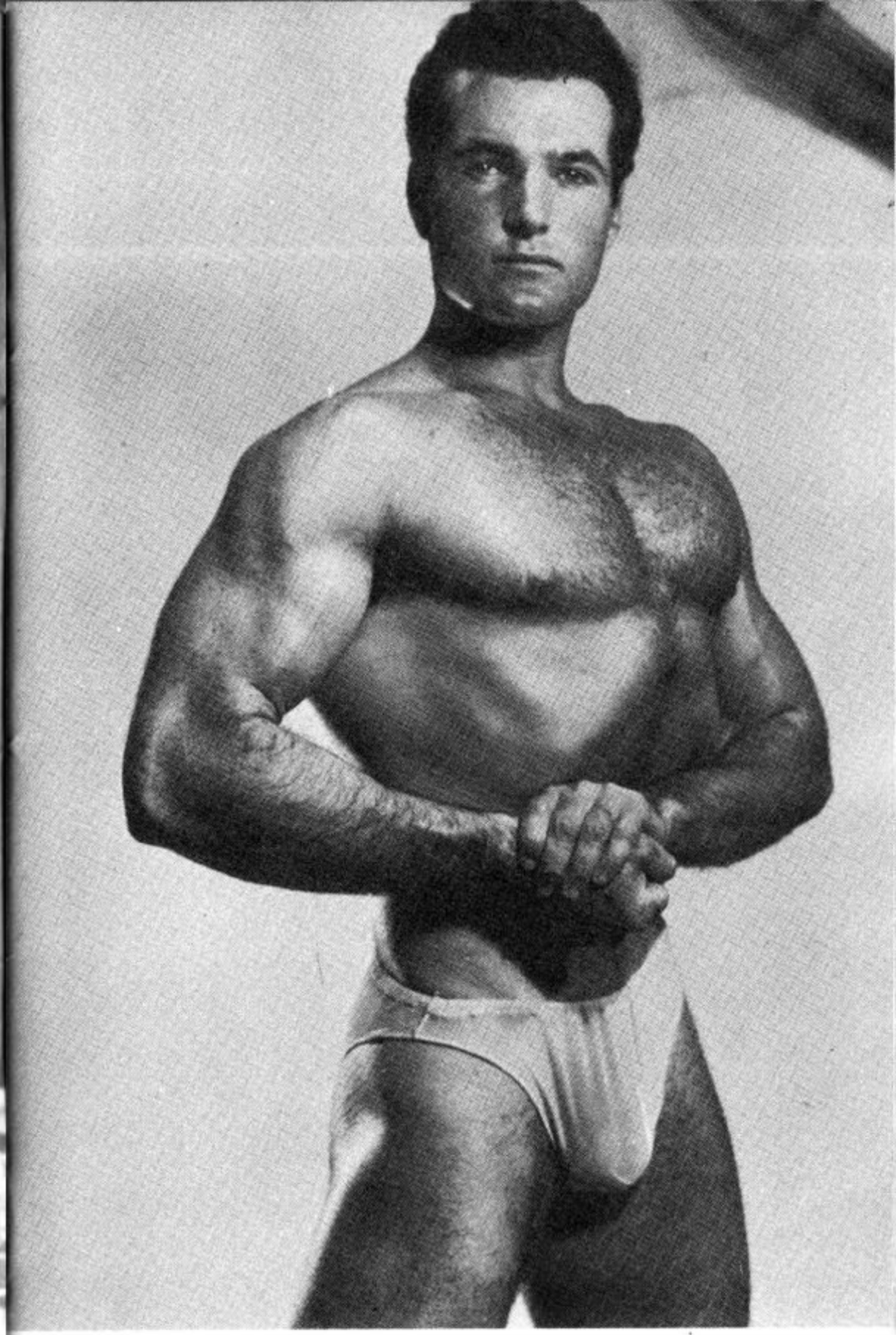
HENK BALJE, 18-year-old amateur boxer from South Africa, comes to FIZEEK through the courtesy of JOCK.

ROYALE of London has presented the sensation of the year in TIBOR URGAY, 16-year-old Hungarian athlete.

CLIFF WERDINGER, 16-year-old high school athlete, in a photo by BOB ANTHONY.

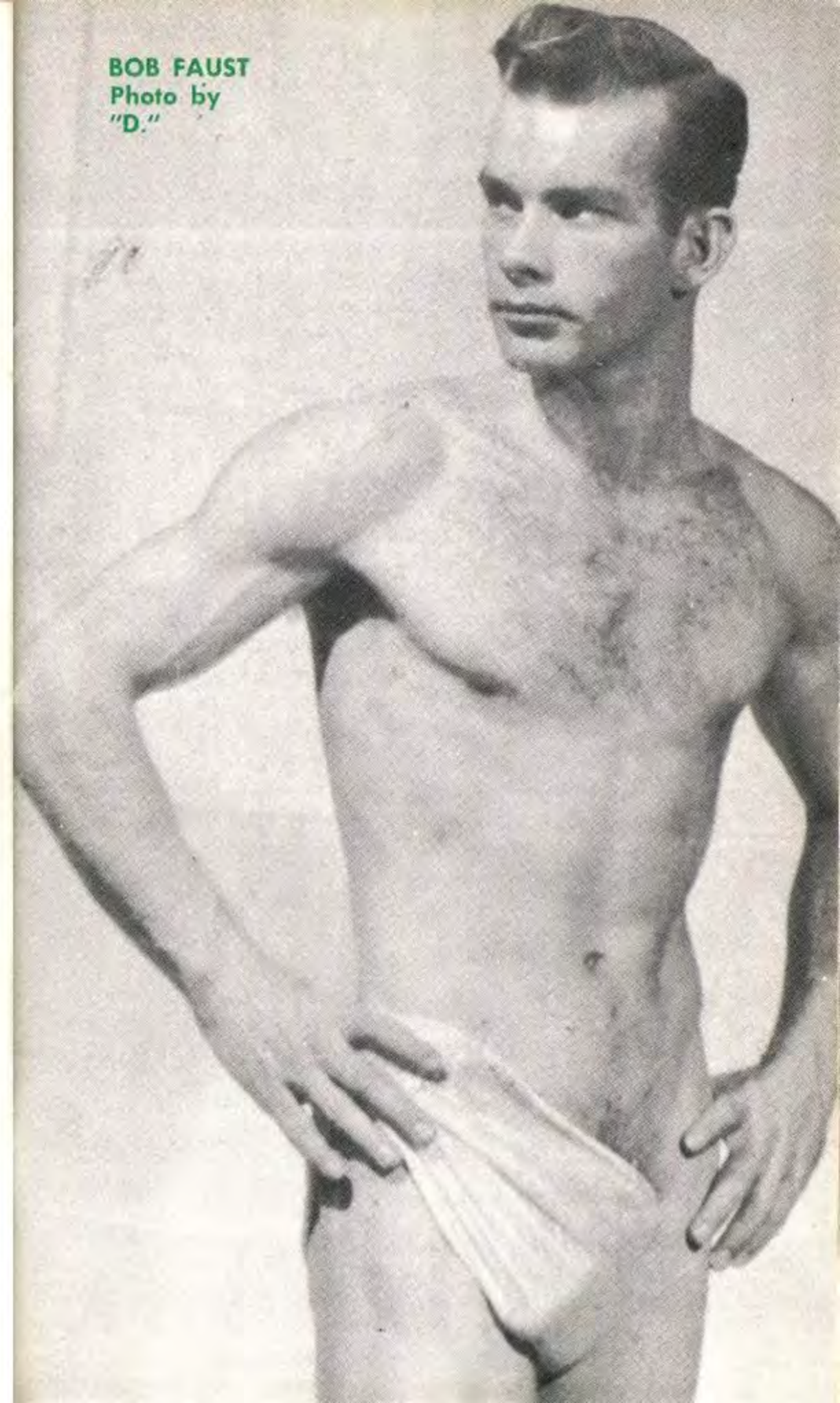


JOE GROSS comes to us by way of B & B STUDIOS, who inform us that JOE is a hard worker in the gym—as if a glance at that physique isn't enough to tell the story!



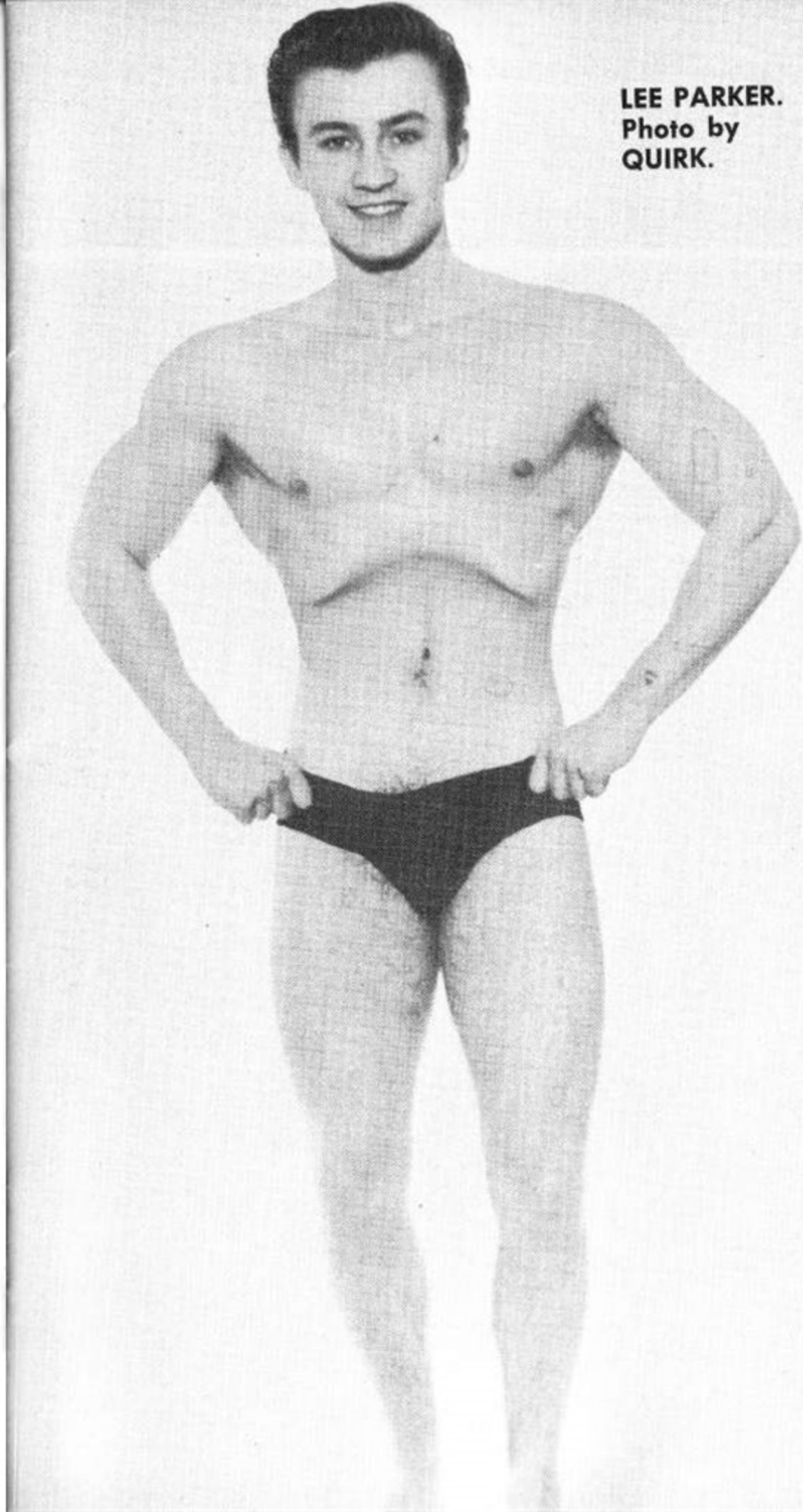
BRUCE REED, 20, combines construction work with part-time college attendance. Photo by APOLLO.

This artistic study of STEVE WENGRYN, America's most famous contemporary model, is from VULCAN Catalog 12.



BOB FAUST
Photo by
"D."

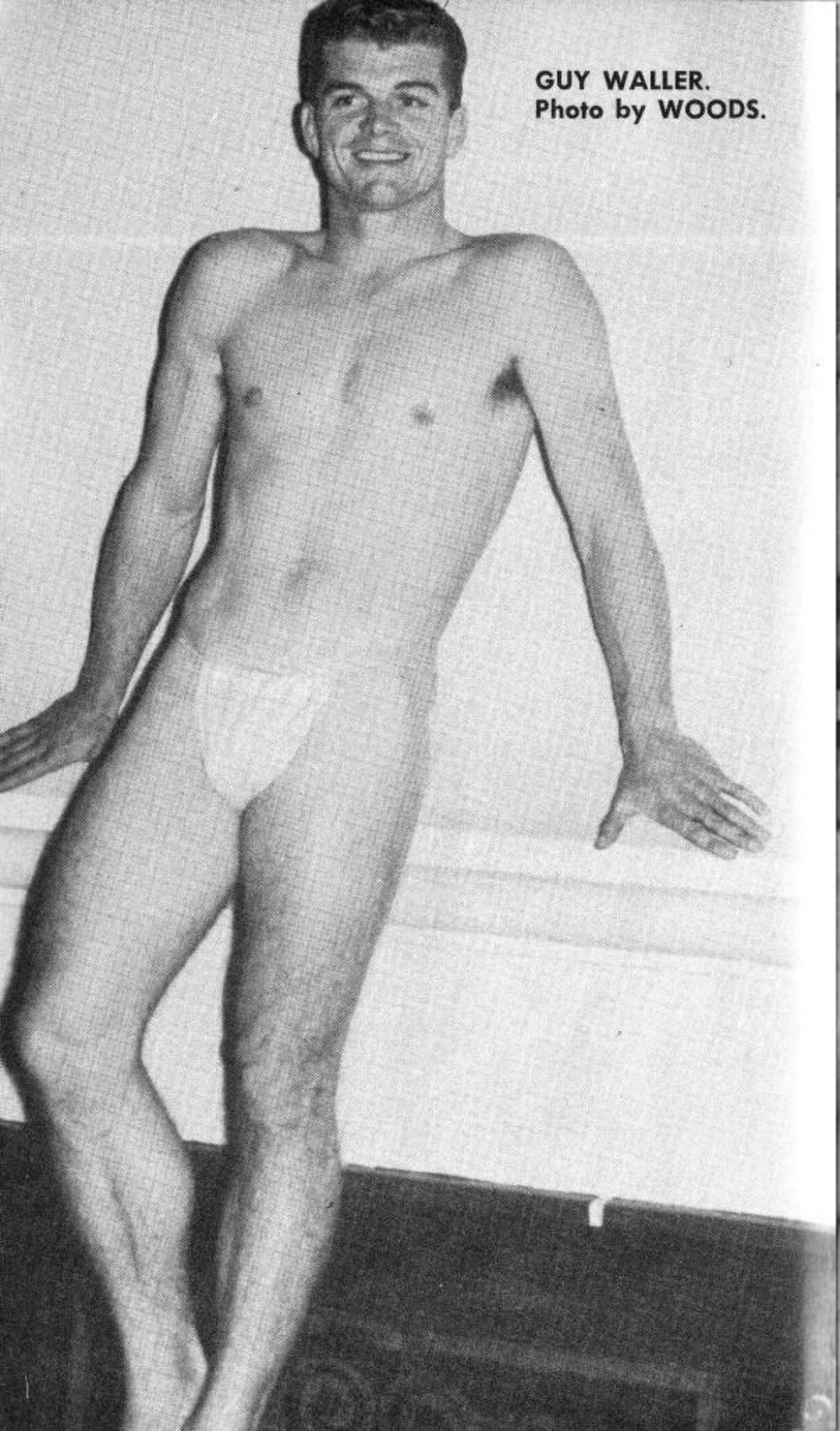
MIKE FRITCHEONE, 17, high school athlete in a photo by BOB ANTHONY.



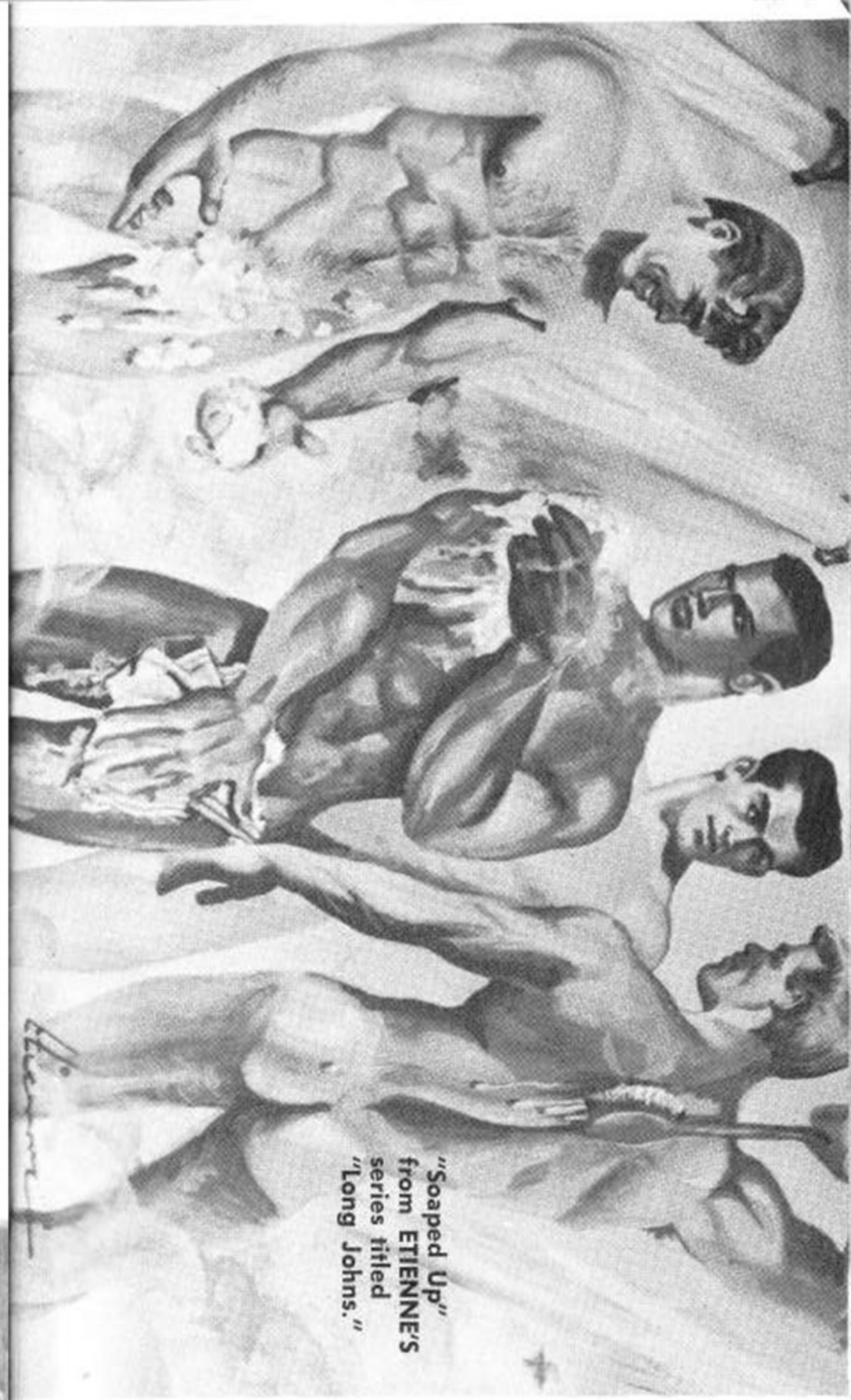
LEE PARKER. Photo by QUIRK.

BOBBIE BROOKS.
Photo by KING.

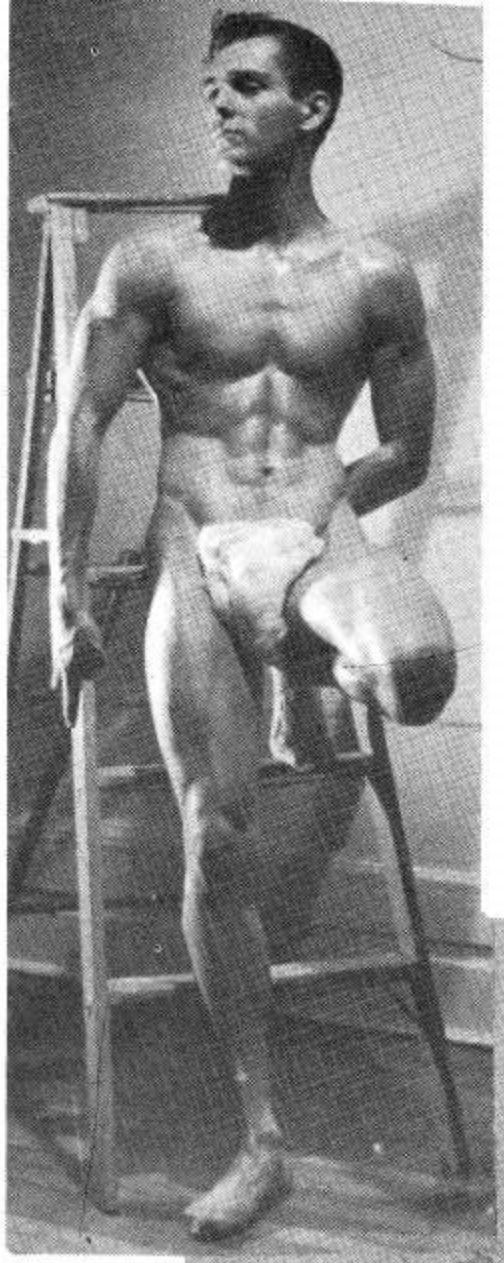
TERRY BROOKS, 20-year-old college student, has been lifting weights for about one year.
Photo by LOCHTE.



GUY WALLER.
Photo by WOODS.

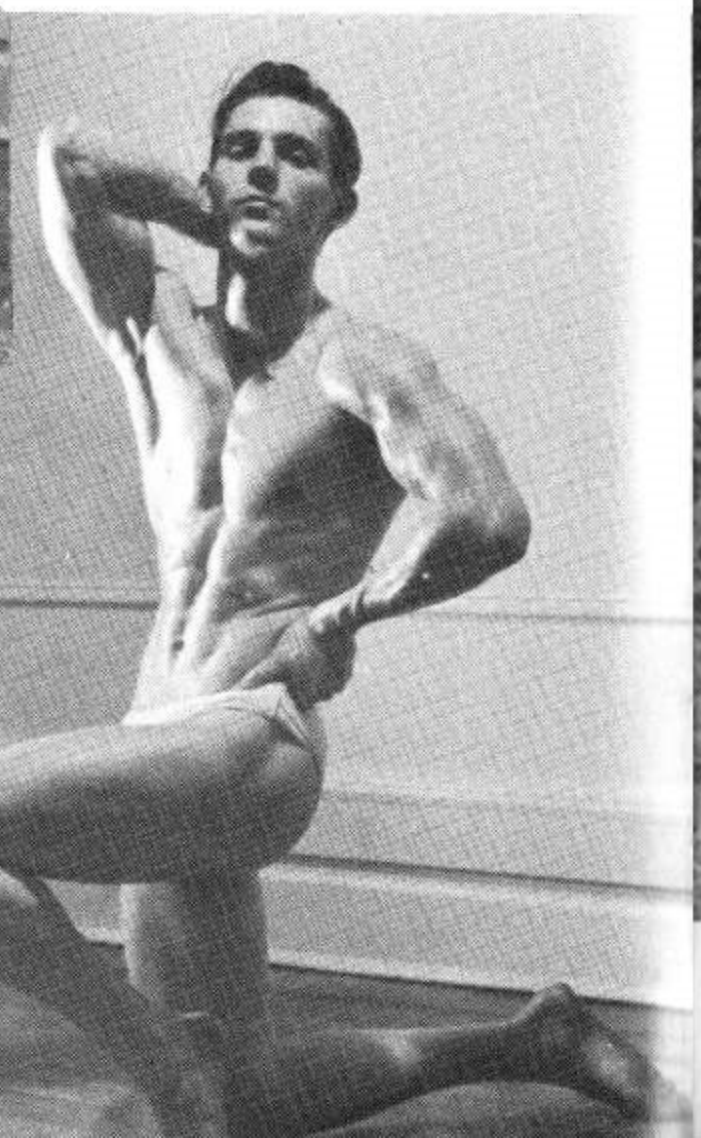


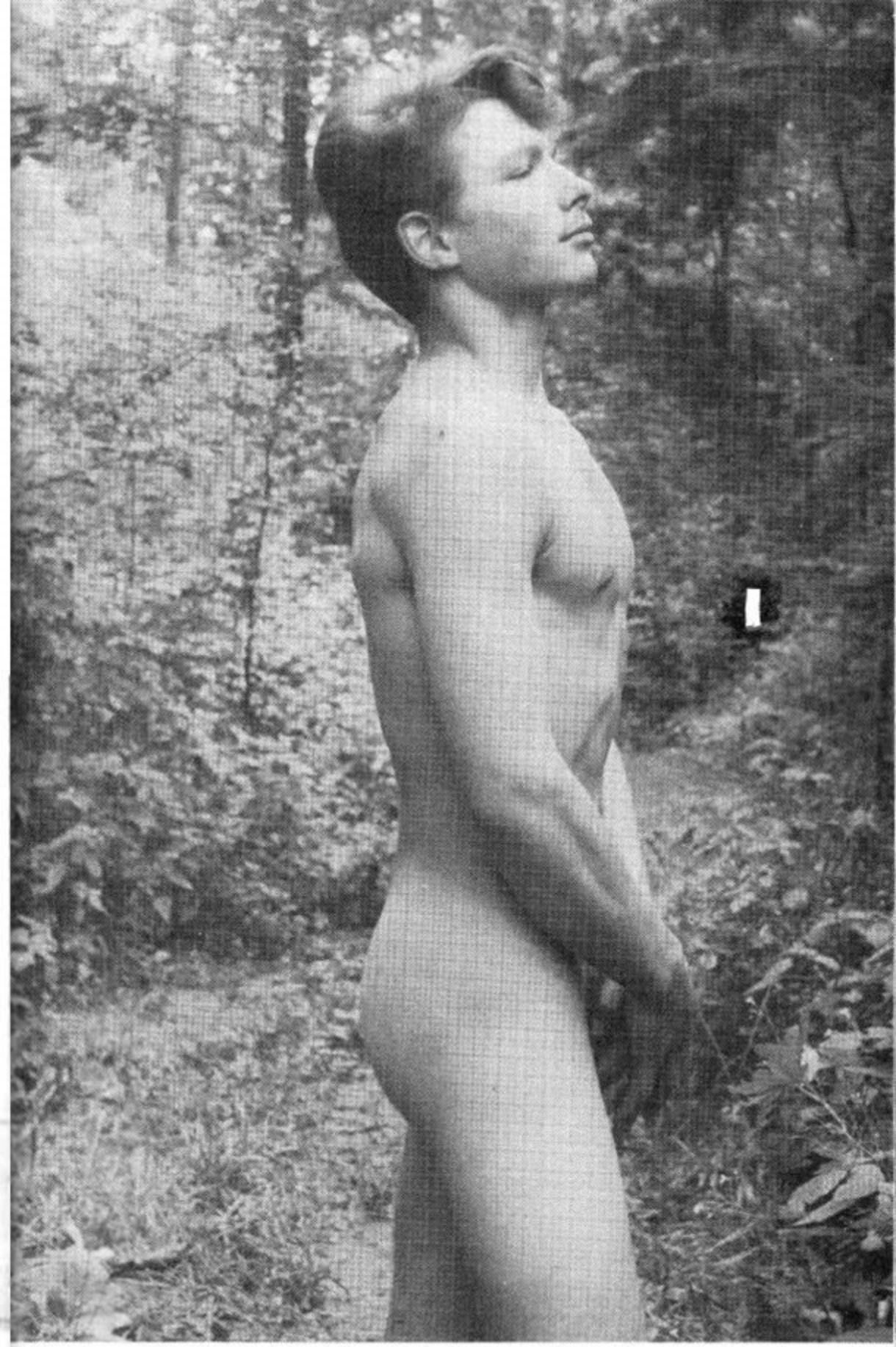
"Soaped Up"
from ETIENNE'S
series titled
"Long Johns."



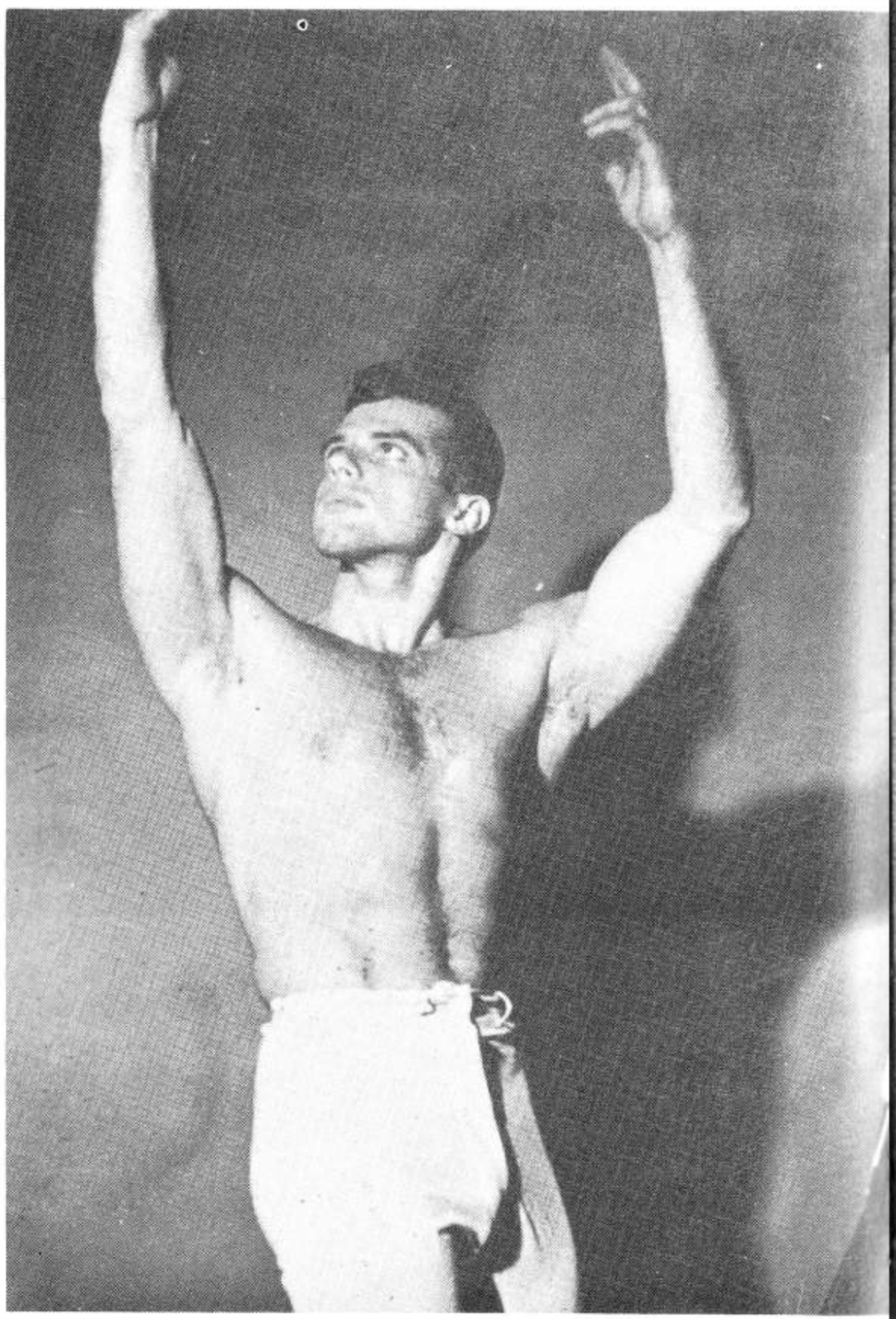
BOTH NEW !

JaBee Studios and their first model received by us for editorial consideration. The model, JIMMY WILLIAMS, is a light weight who presses close to 200 pounds. Both the studio and model are off to a good start and we hope to see more of both.

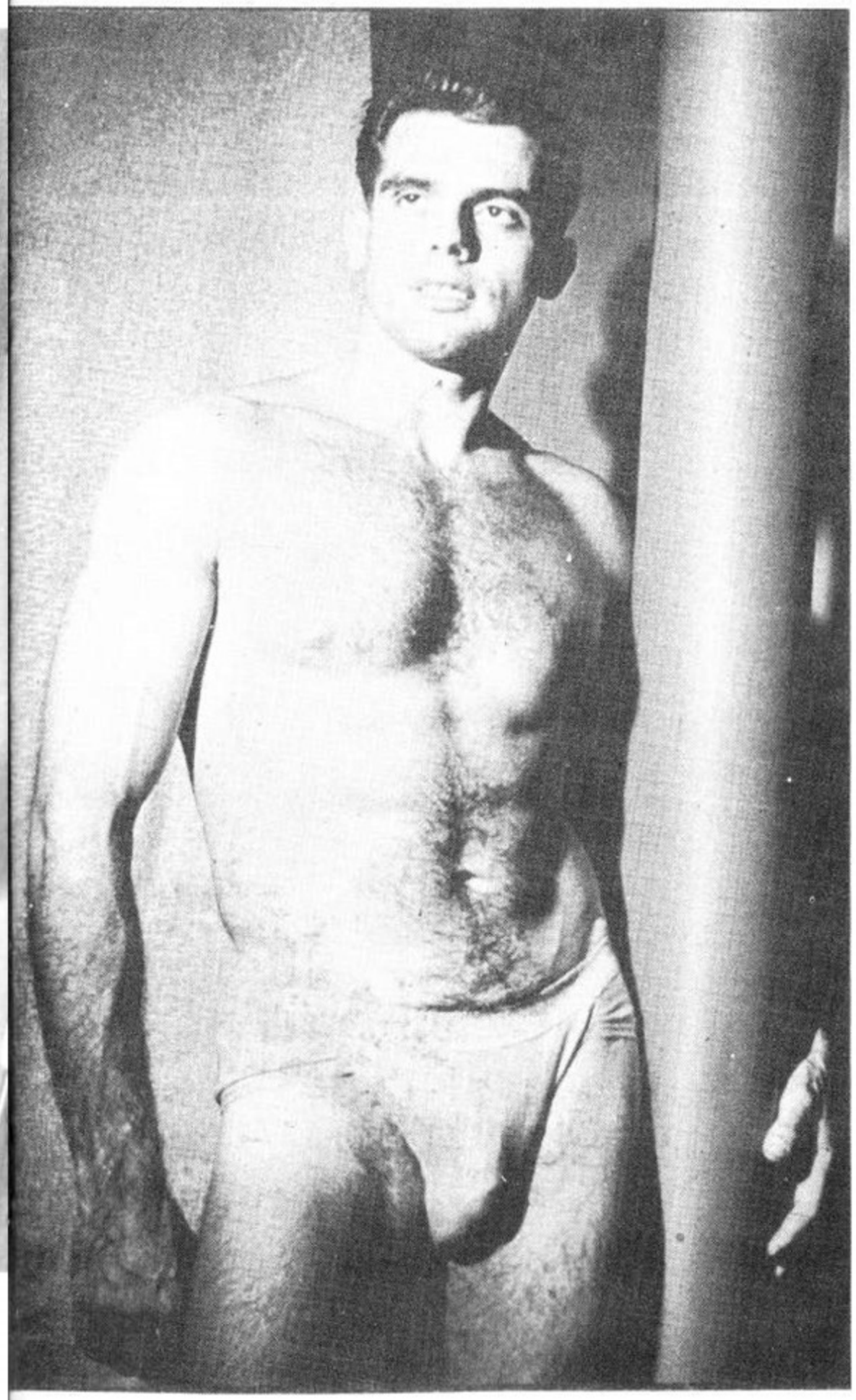


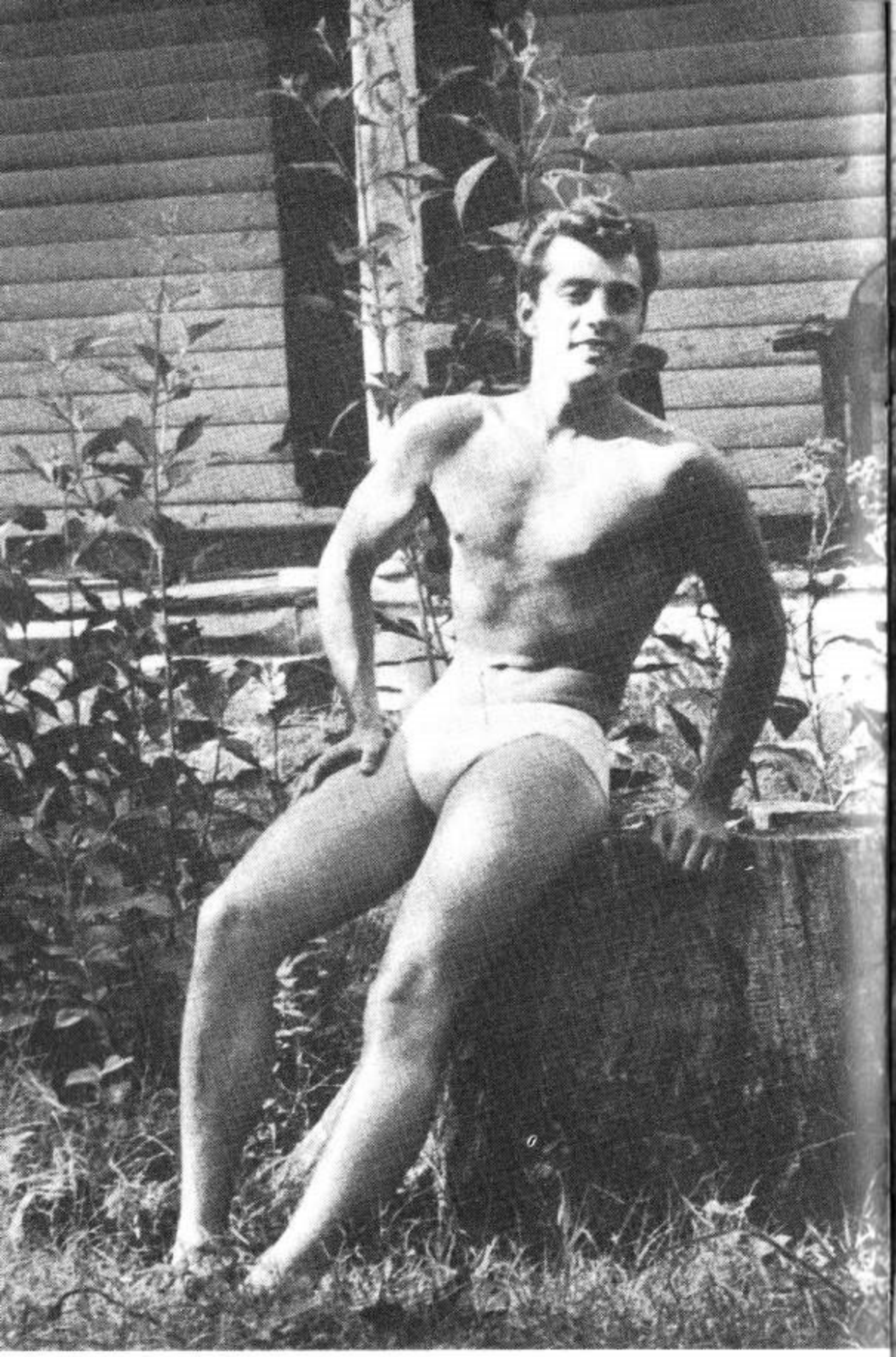


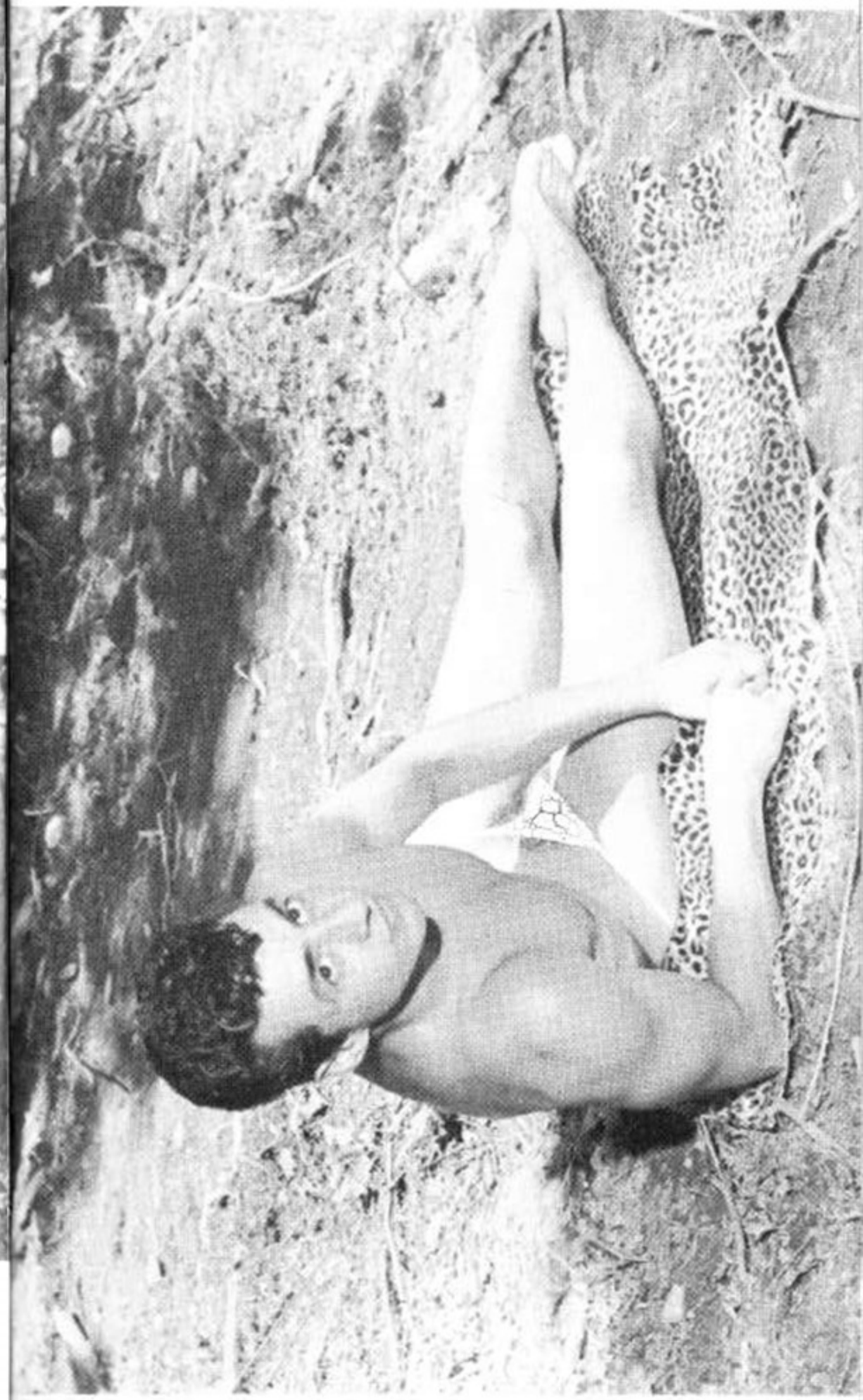
Photographed in a park almost in the center of Vienna, HANS, a country youth on a vacation in the city, has made VULCAN'S Catalog 39 one of the most familiar catalogs in physique history.



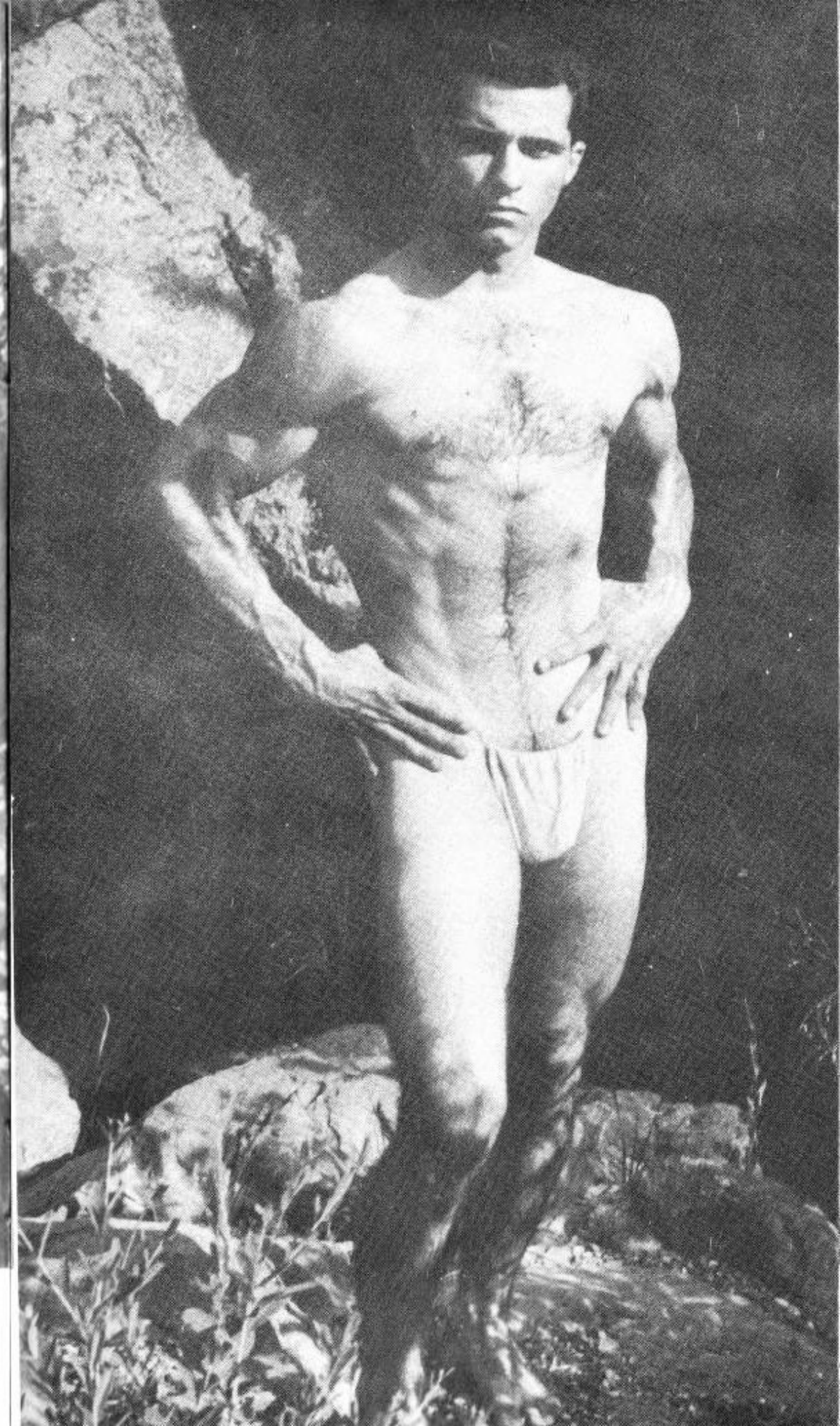
HANK HALL, now 22 and a veteran of the USAF, now attends college in the mid-west in preparation for a career in social work. Hank is a DON YOUNG exclusive.



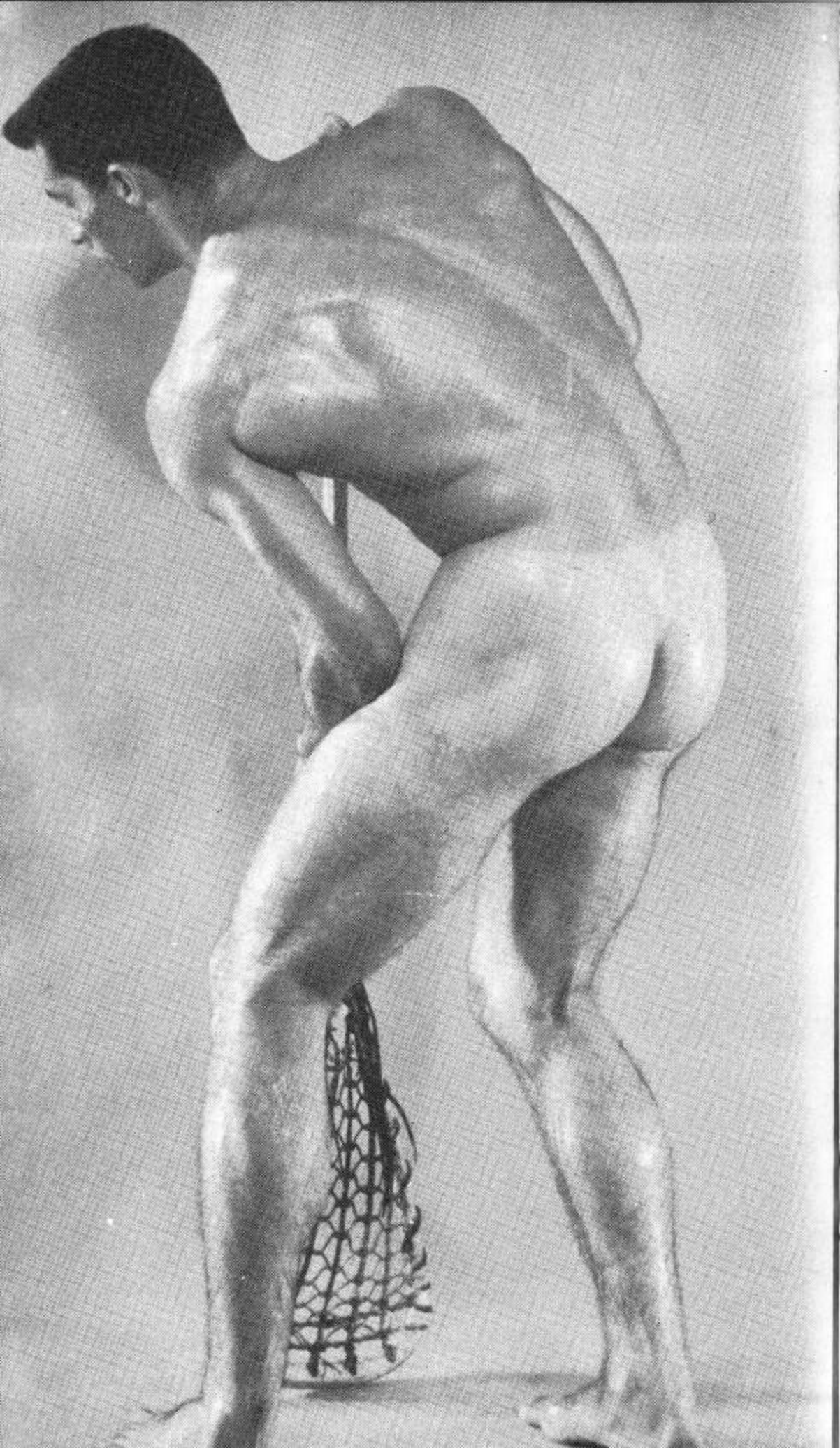


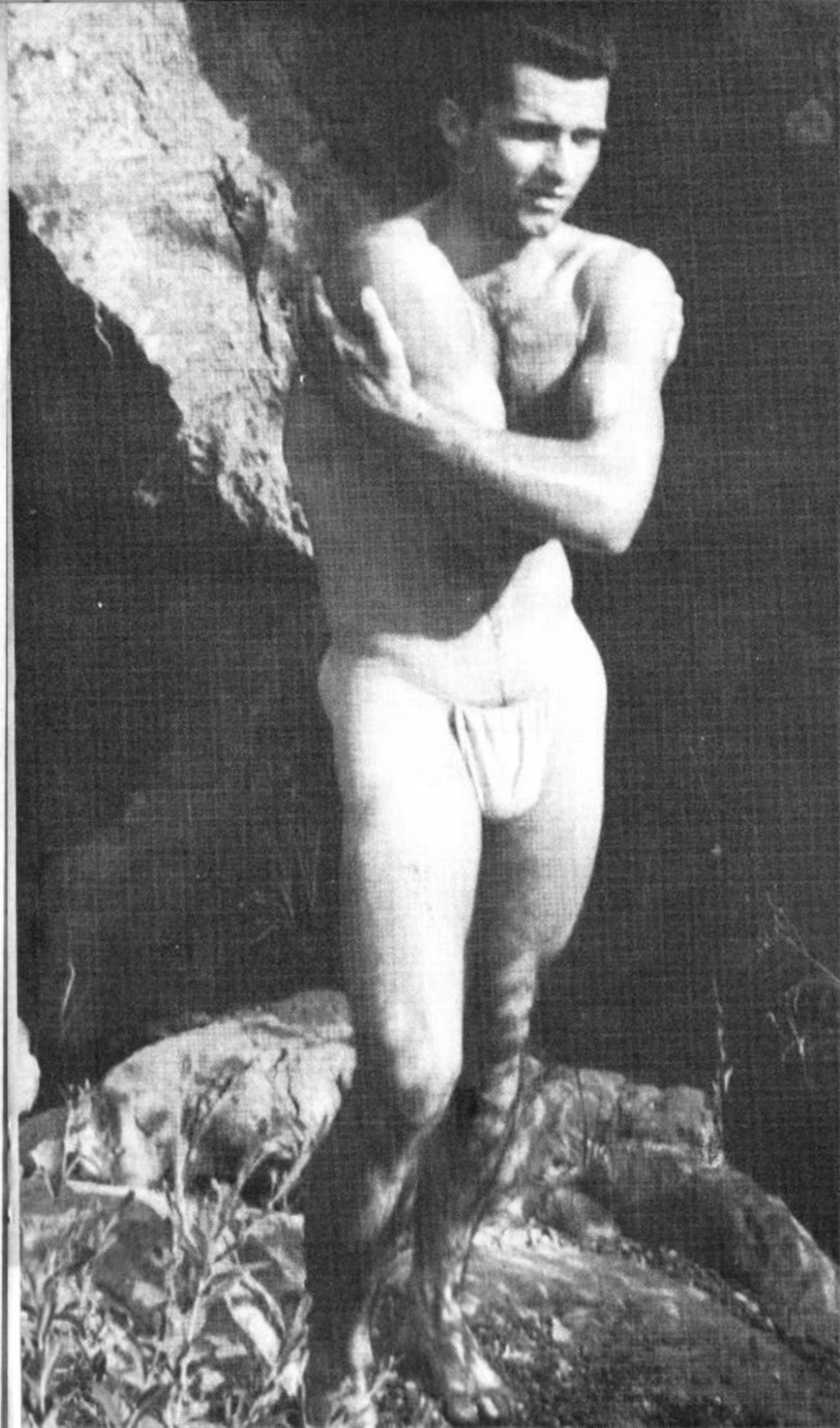


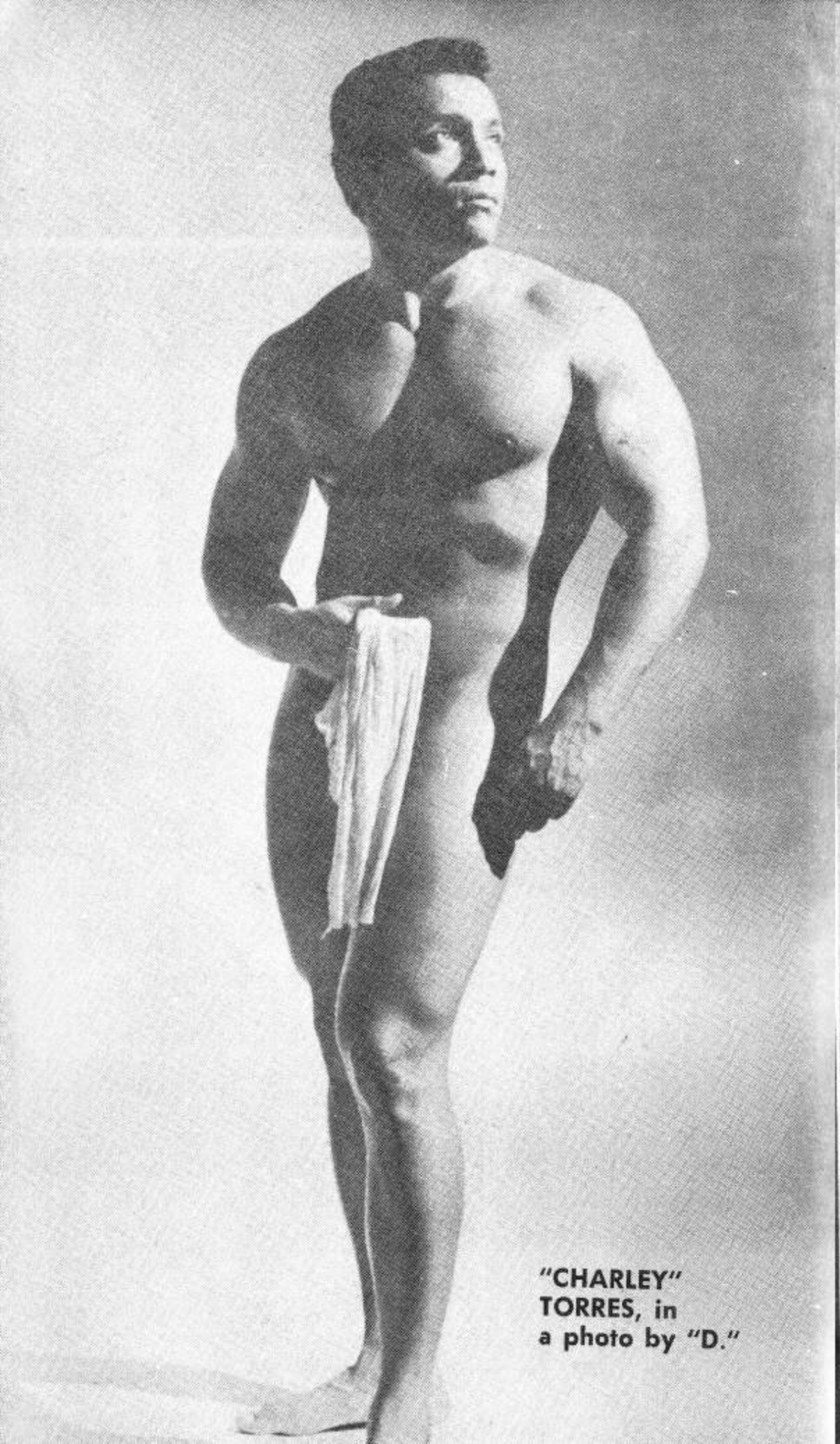
TERRY LYNNE was shot in the wide open spaces by **BOB KING** in these two prints from Bob's catalogs of Terry.



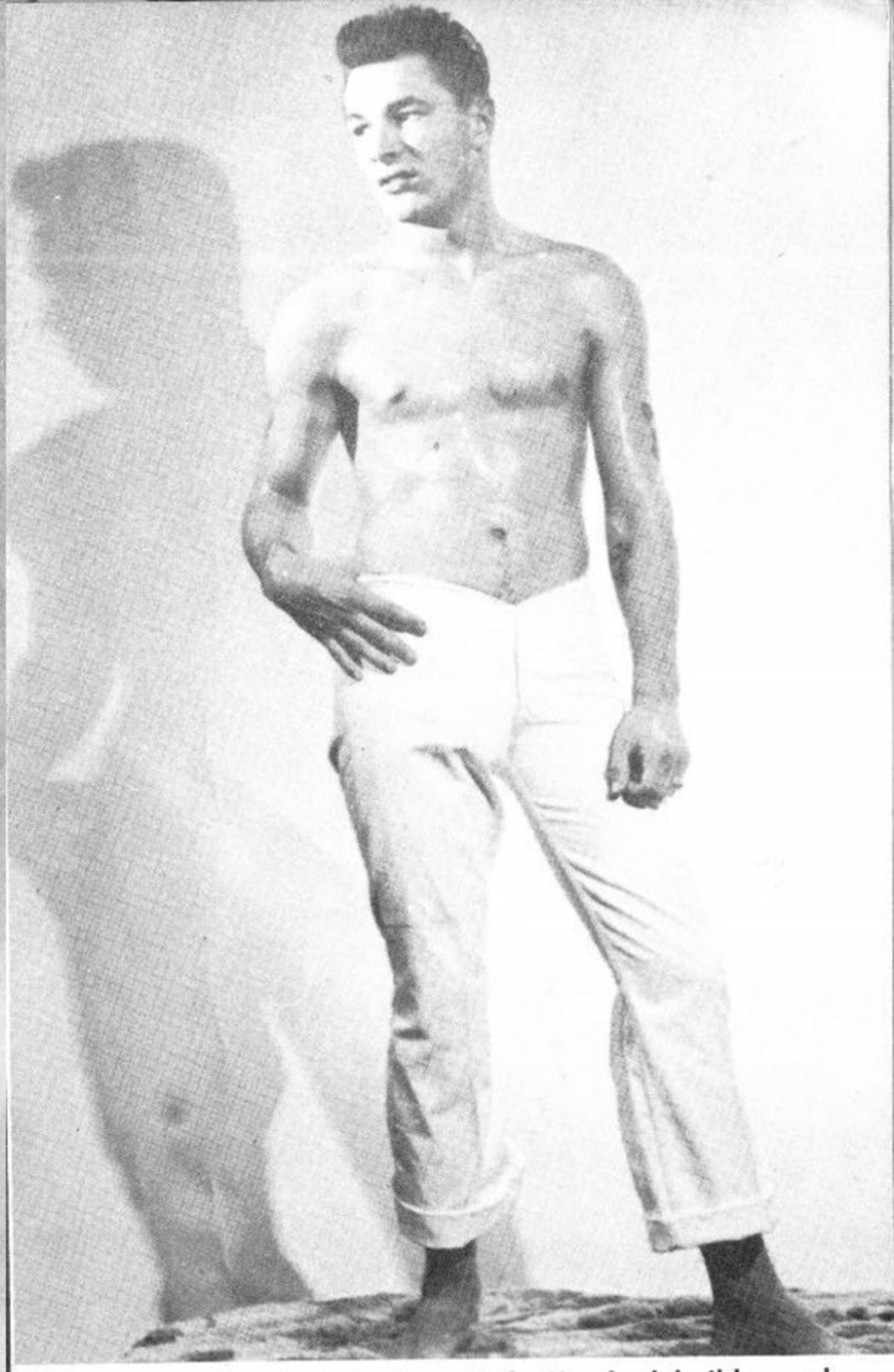
Yes, it's our Coverman JOE SEIVOLD, All-American athlete and certainly a most inspiring example to young body builders. Photos of Joe are by ROD CROWTHER.



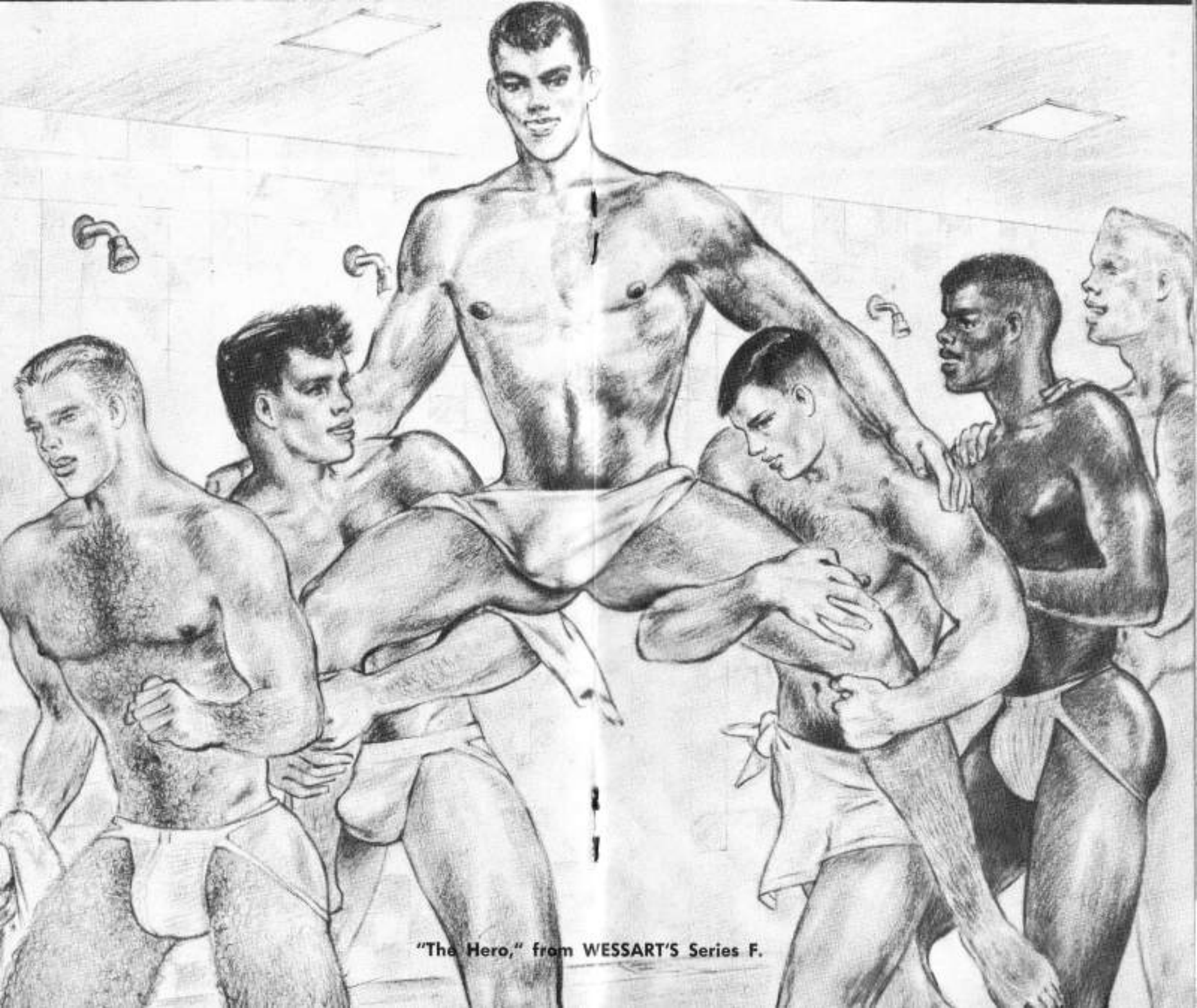




"CHARLEY" TORRES, in a photo by "D."

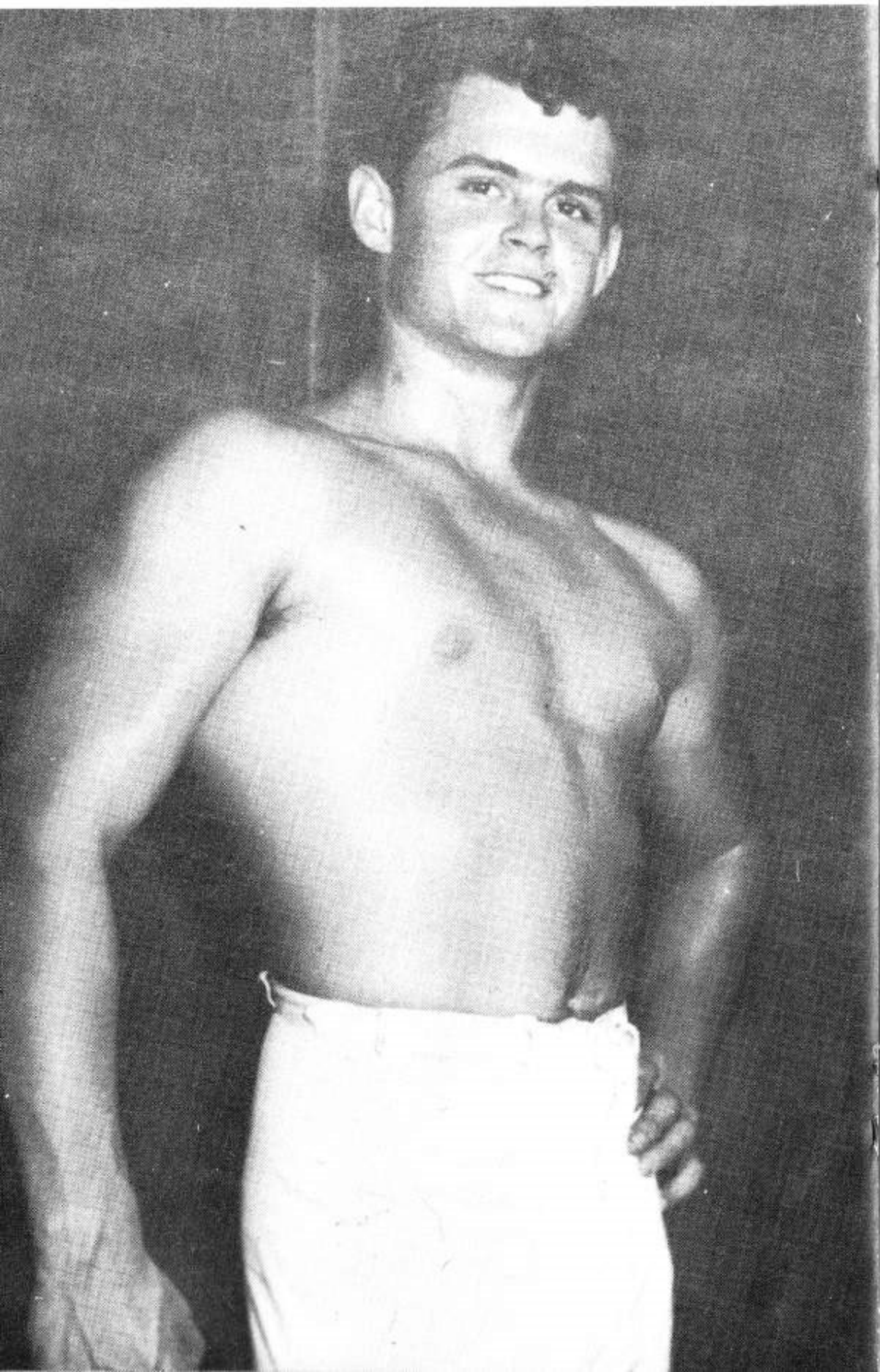


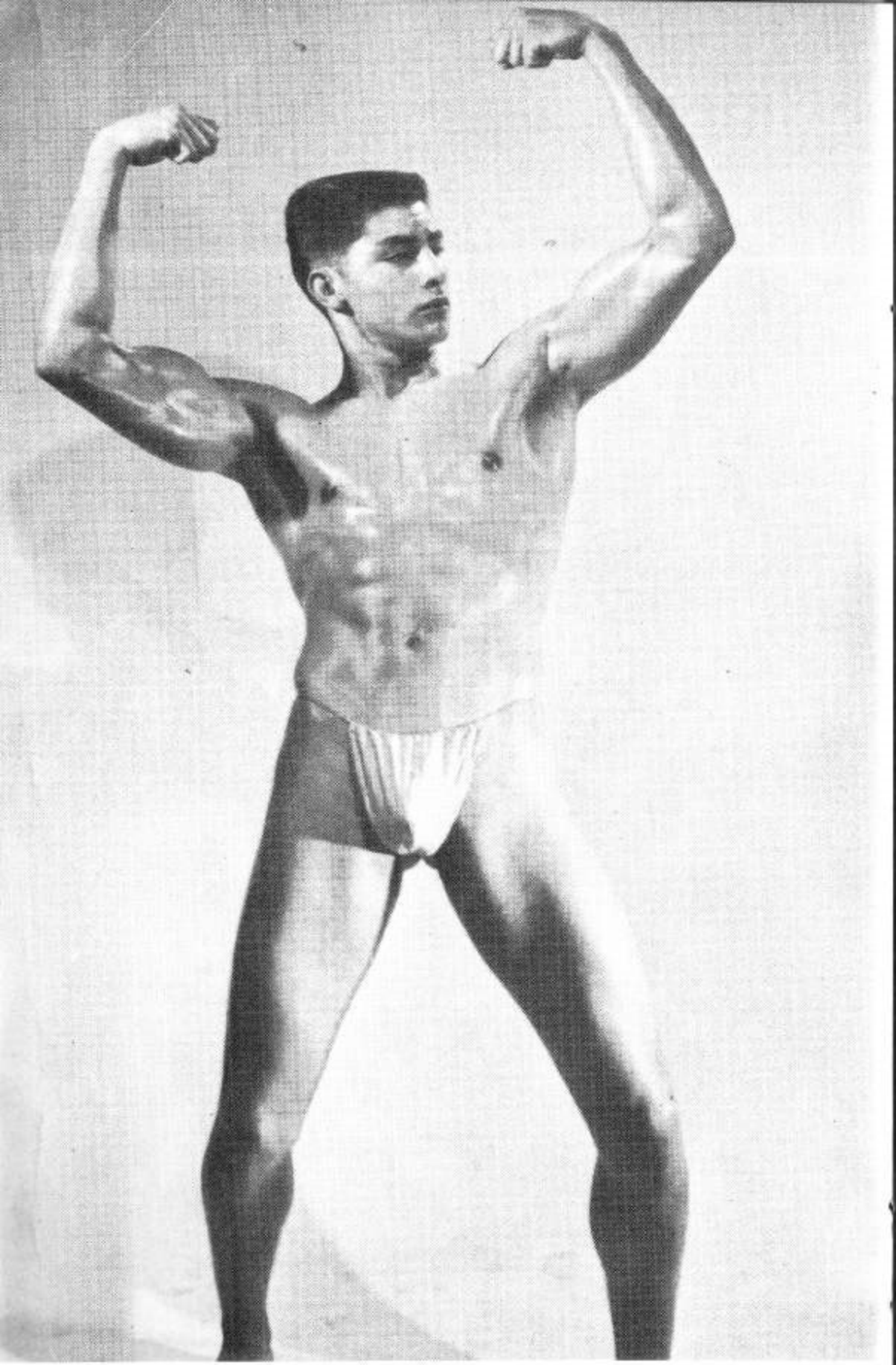
CHICK RAVEL, New York City bodybuilder and popular young model, in a photo by BOB ANTHONY.

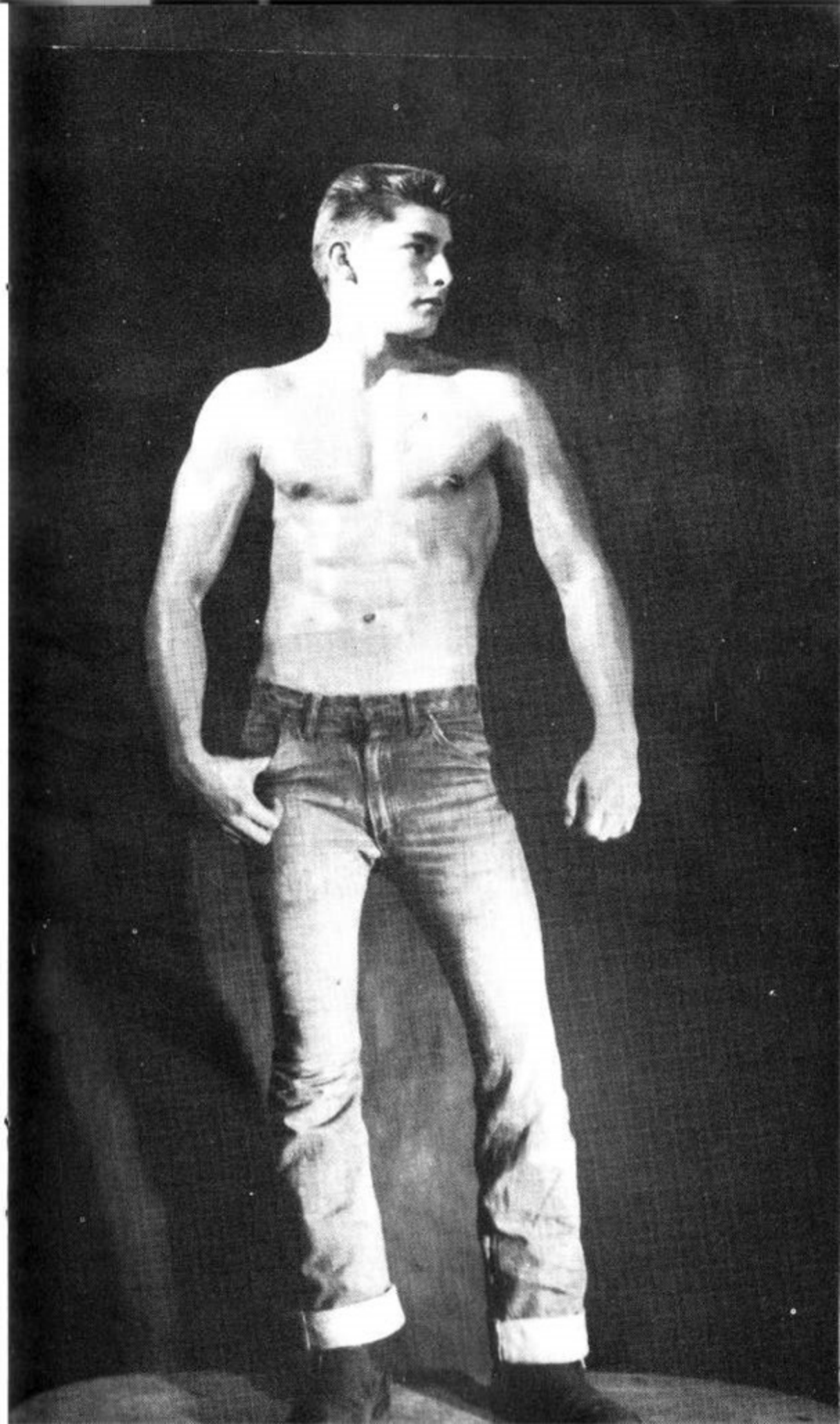


"The Hero," from WESSART'S Series F.

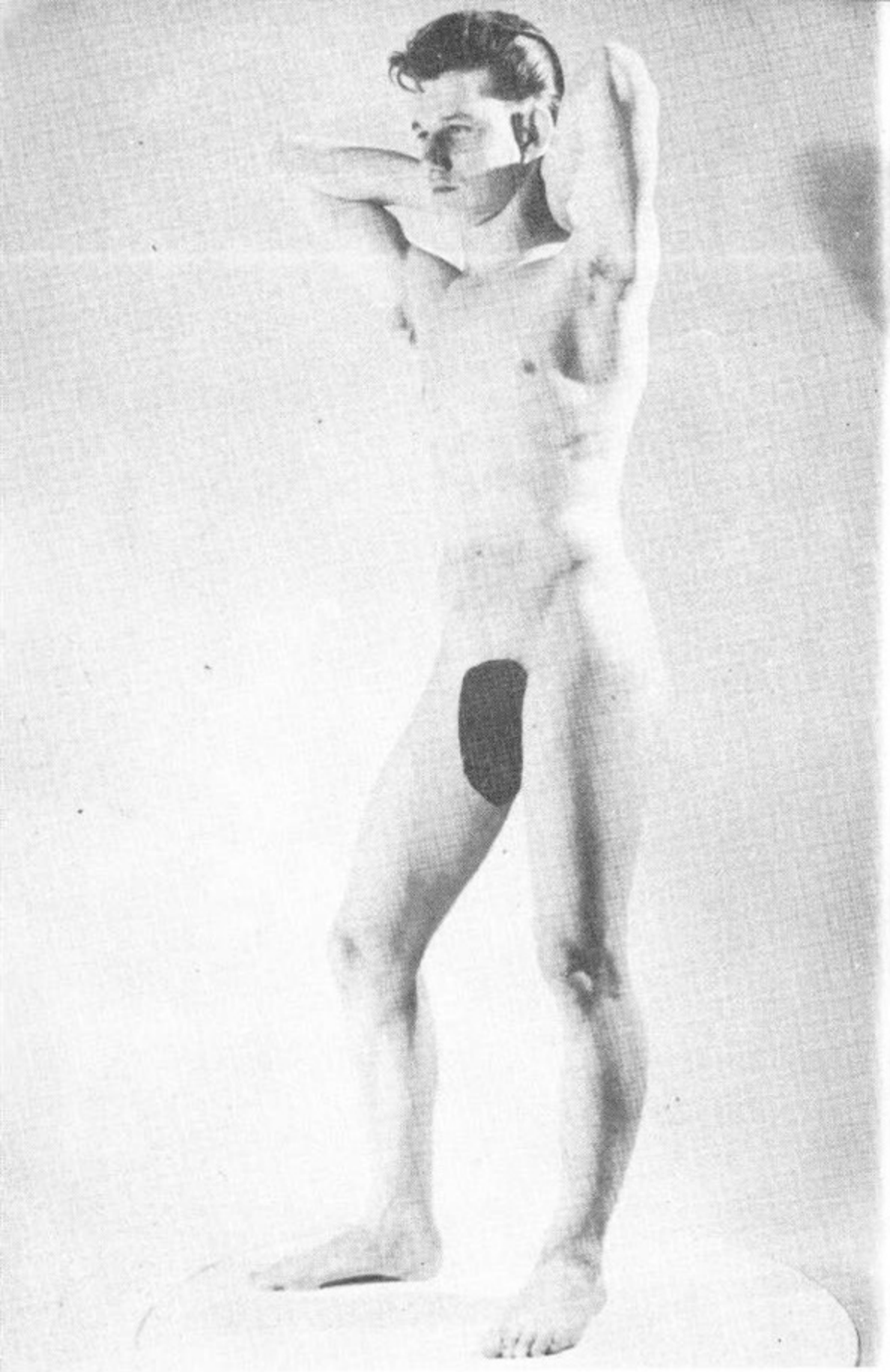
Thanks to B & B STUDIOS we were able to get under the editorial deadline and get these exciting prints of well known Californian TONY LARON into this issue of FIZEEK.





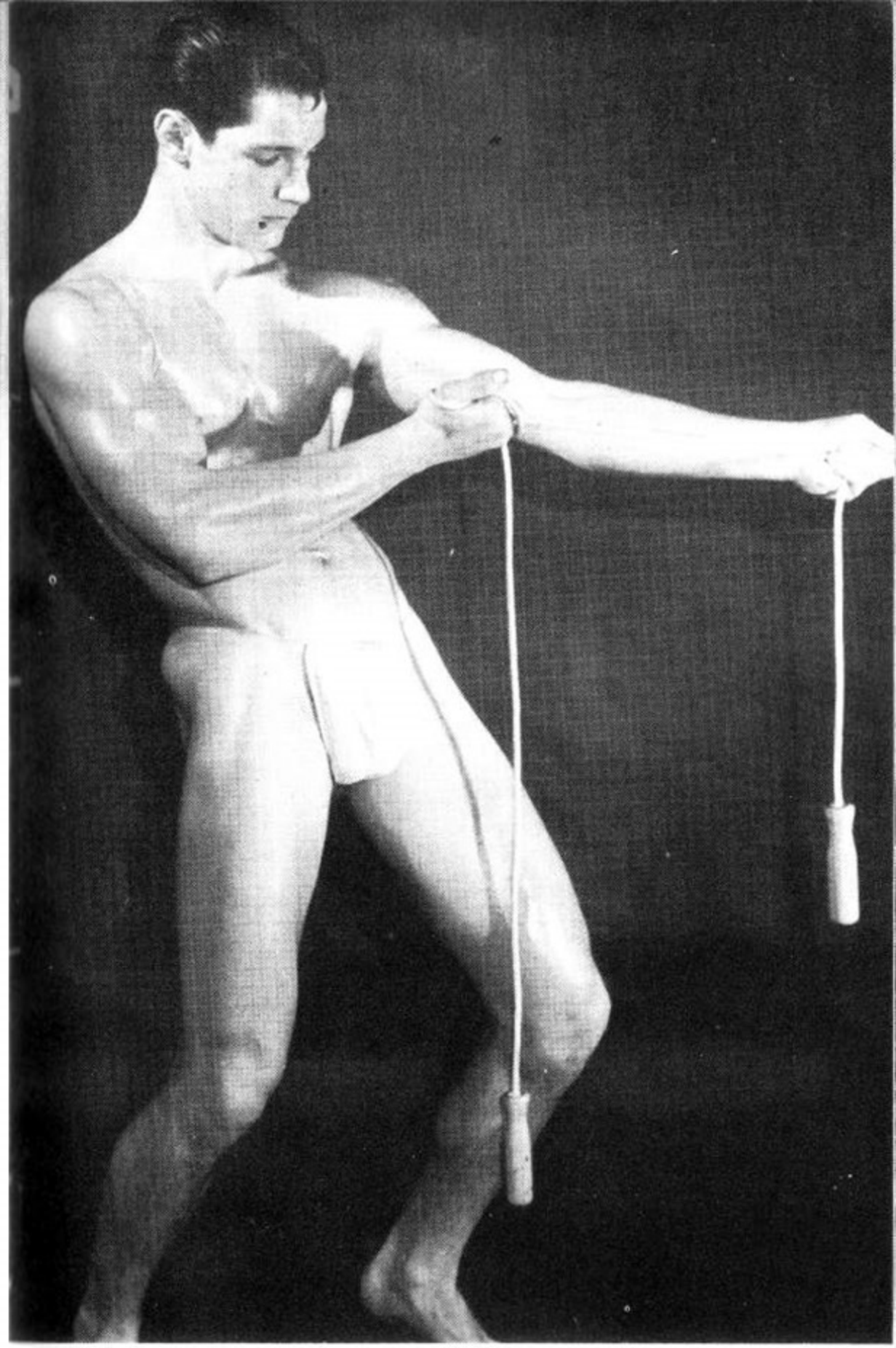


BOB STEINEL, sensational new physique star, is an outstanding NYC high school athlete. Photos by BOB ANTHONY.



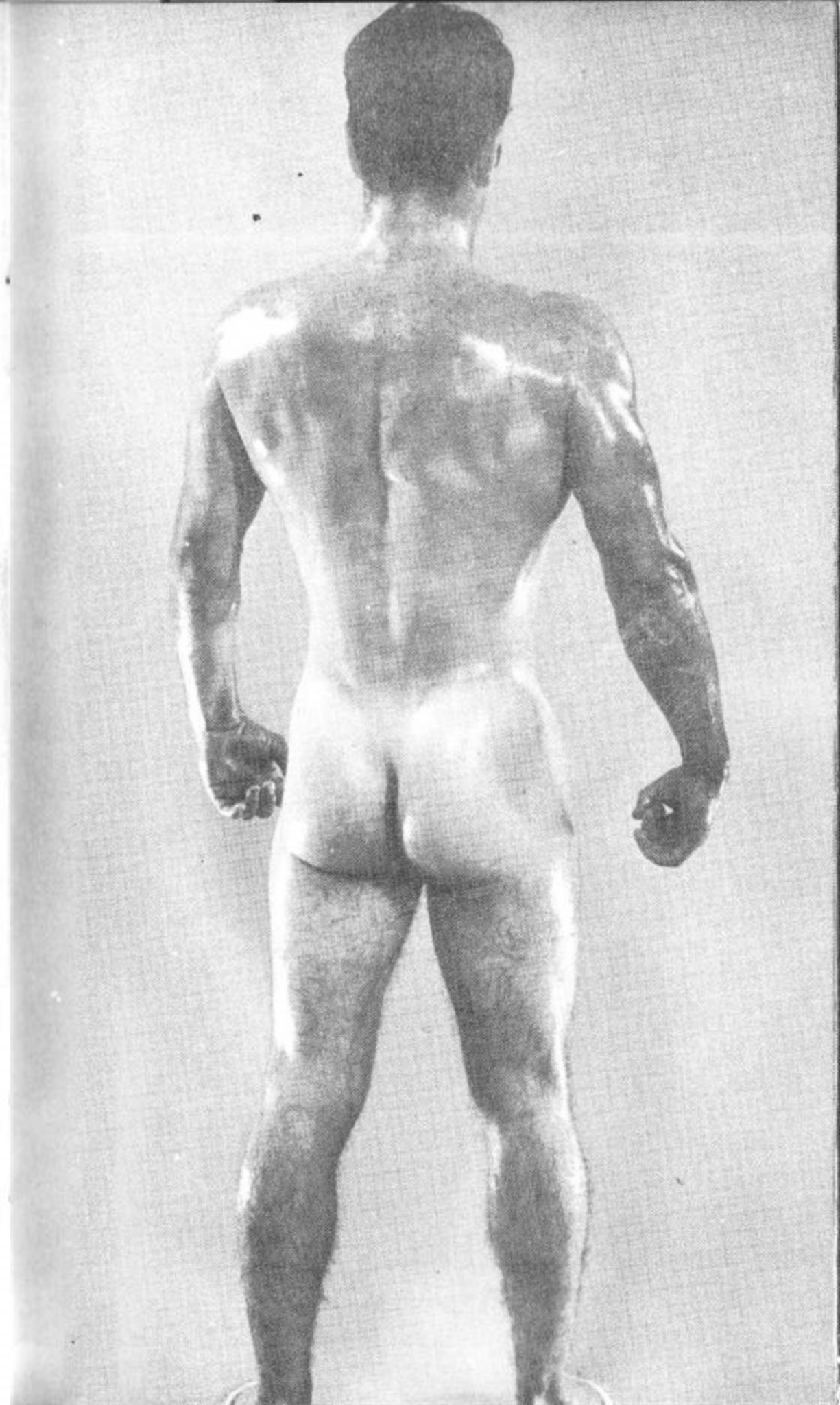
BILL WALLACE, 18-year-old high school athlete from Erie, Pa., in photos by ART-KRAFT.

RICKY DESMOND.
VULCAN Cat .72.



EDDY MARKS.
Photo by
BOB ANTHONY

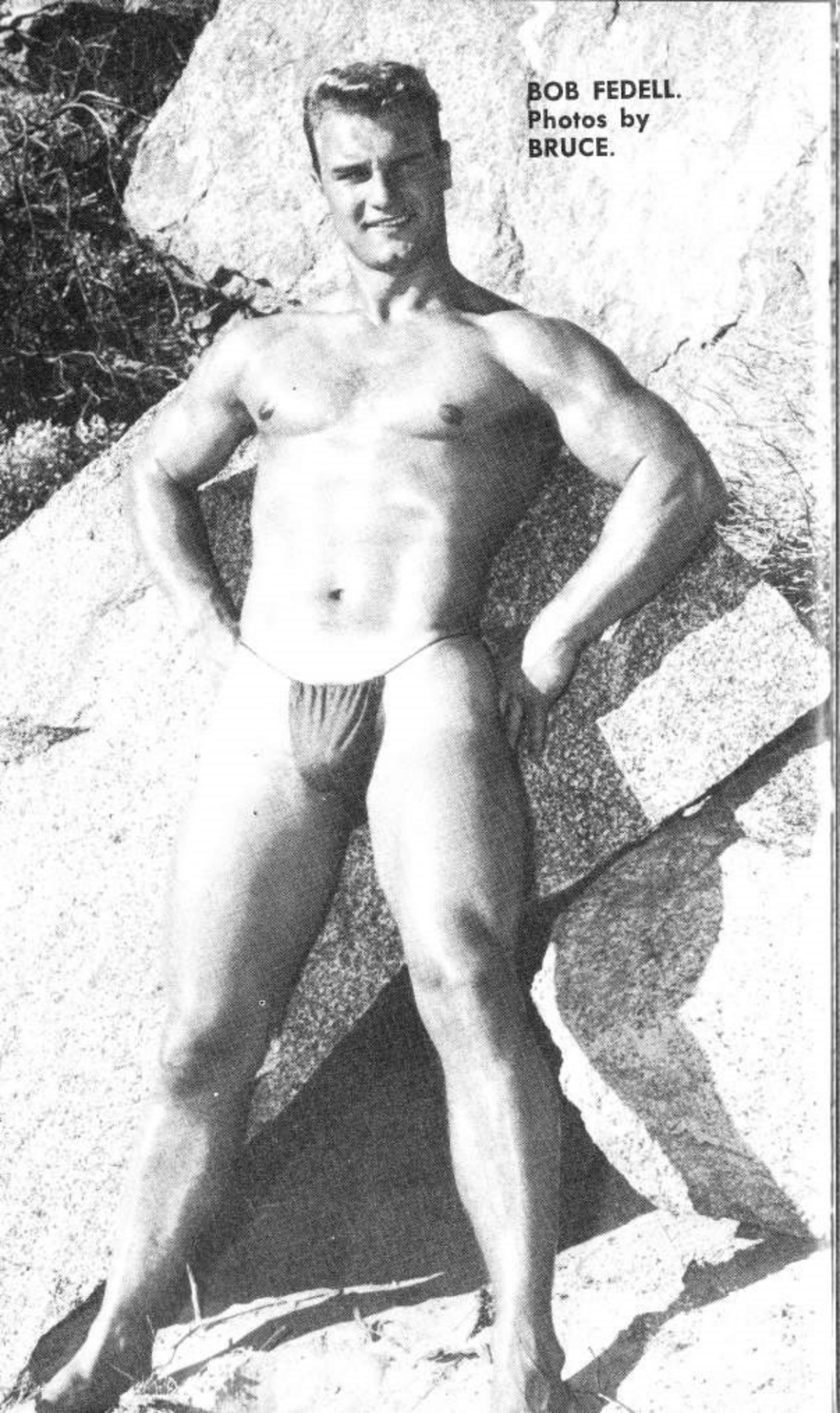
LENNY PRICE.
Photo by
CROWTHER.

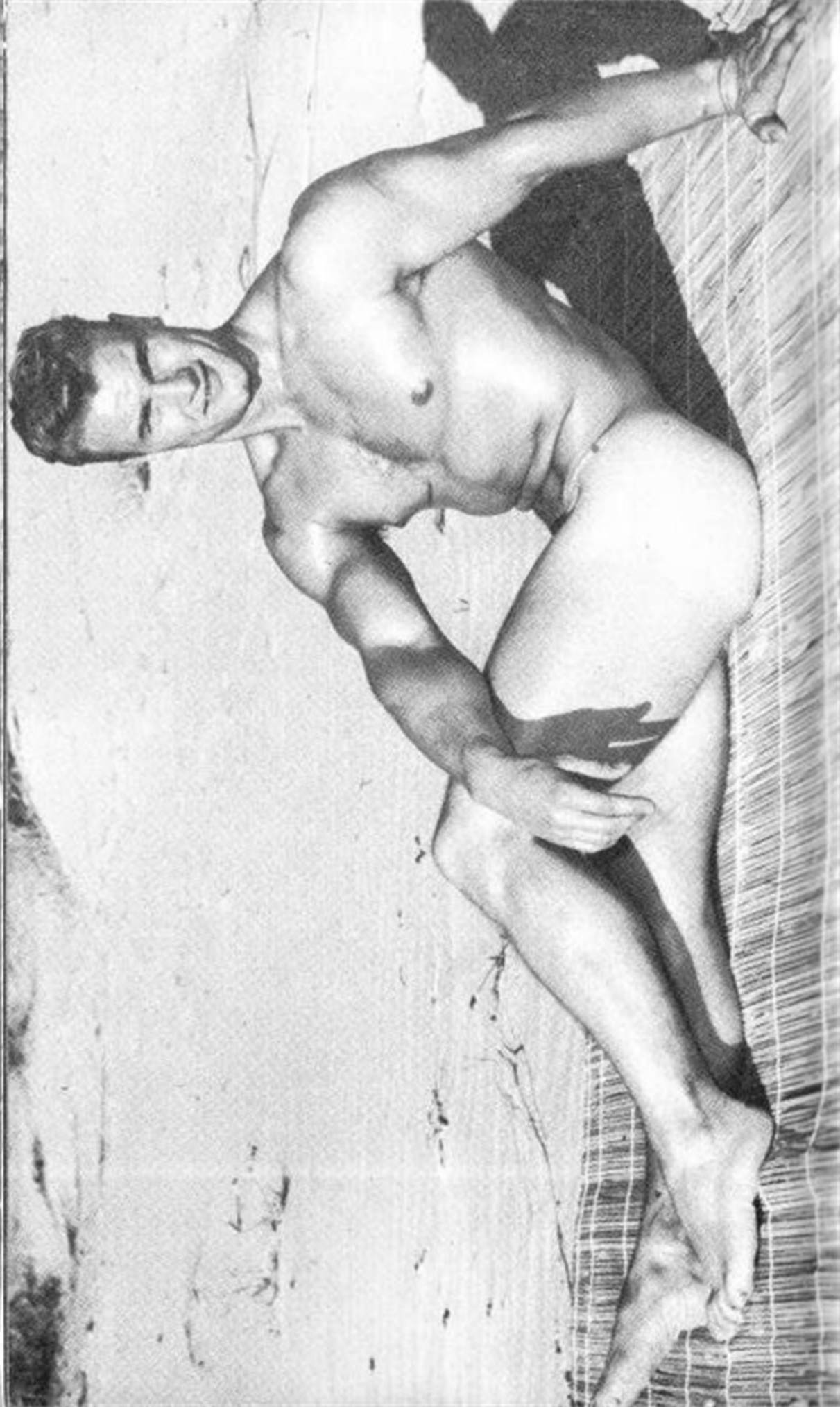


JIM CONREY.
Photo by
HEINECKE.

BOB HANSELLE.
Photo by
JOE ROBINSON.

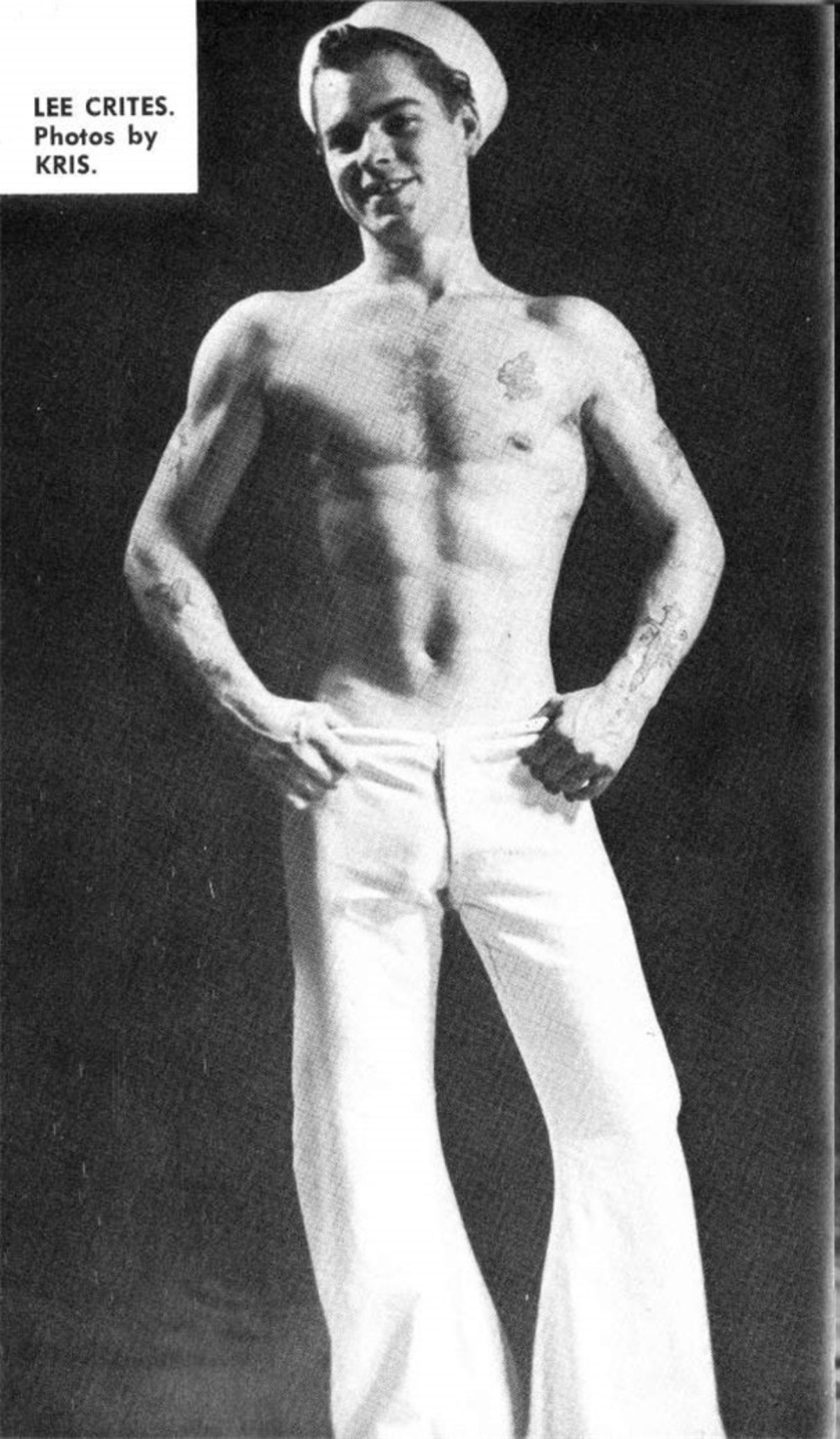
BOB FEDELL.
Photos by
BRUCE.



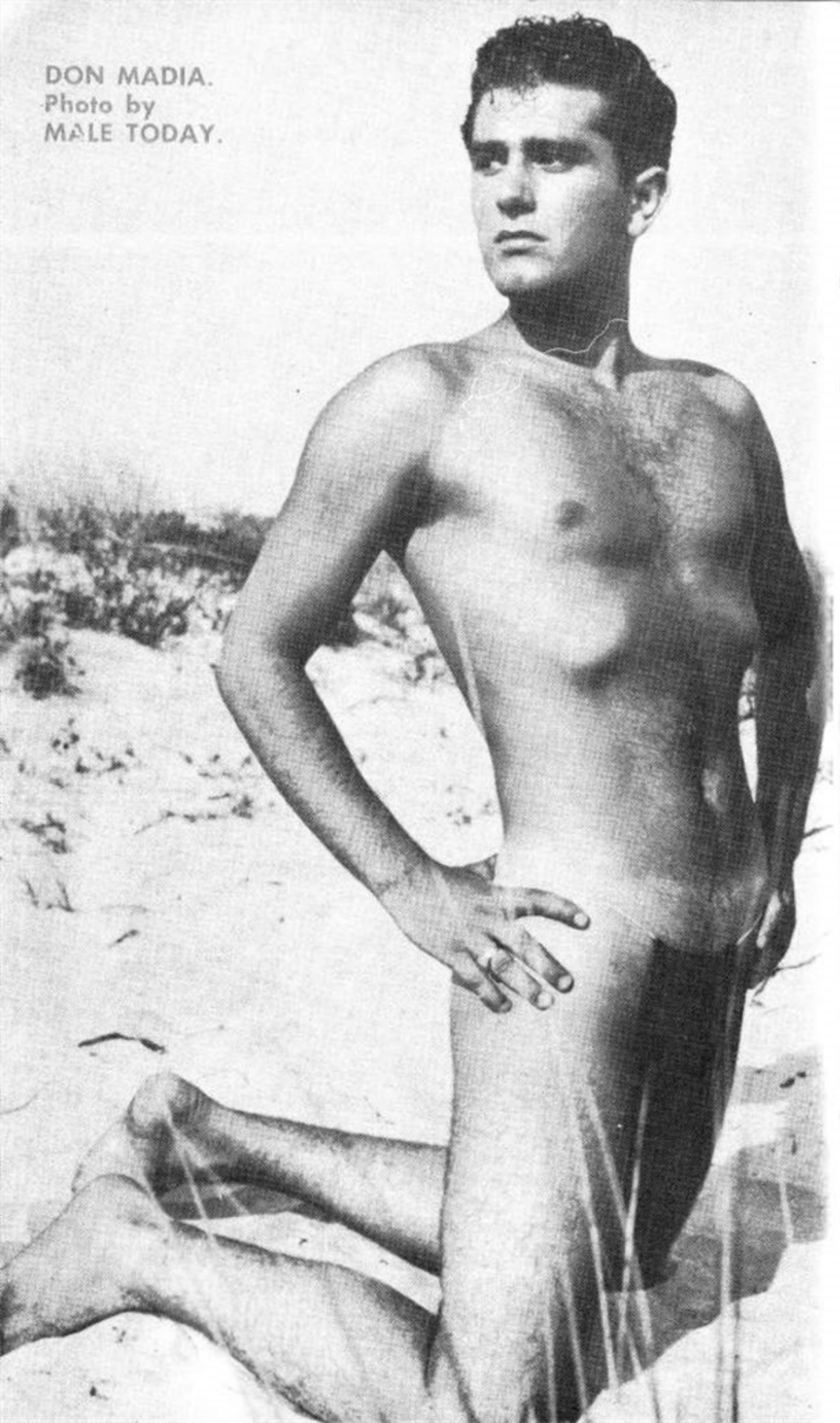


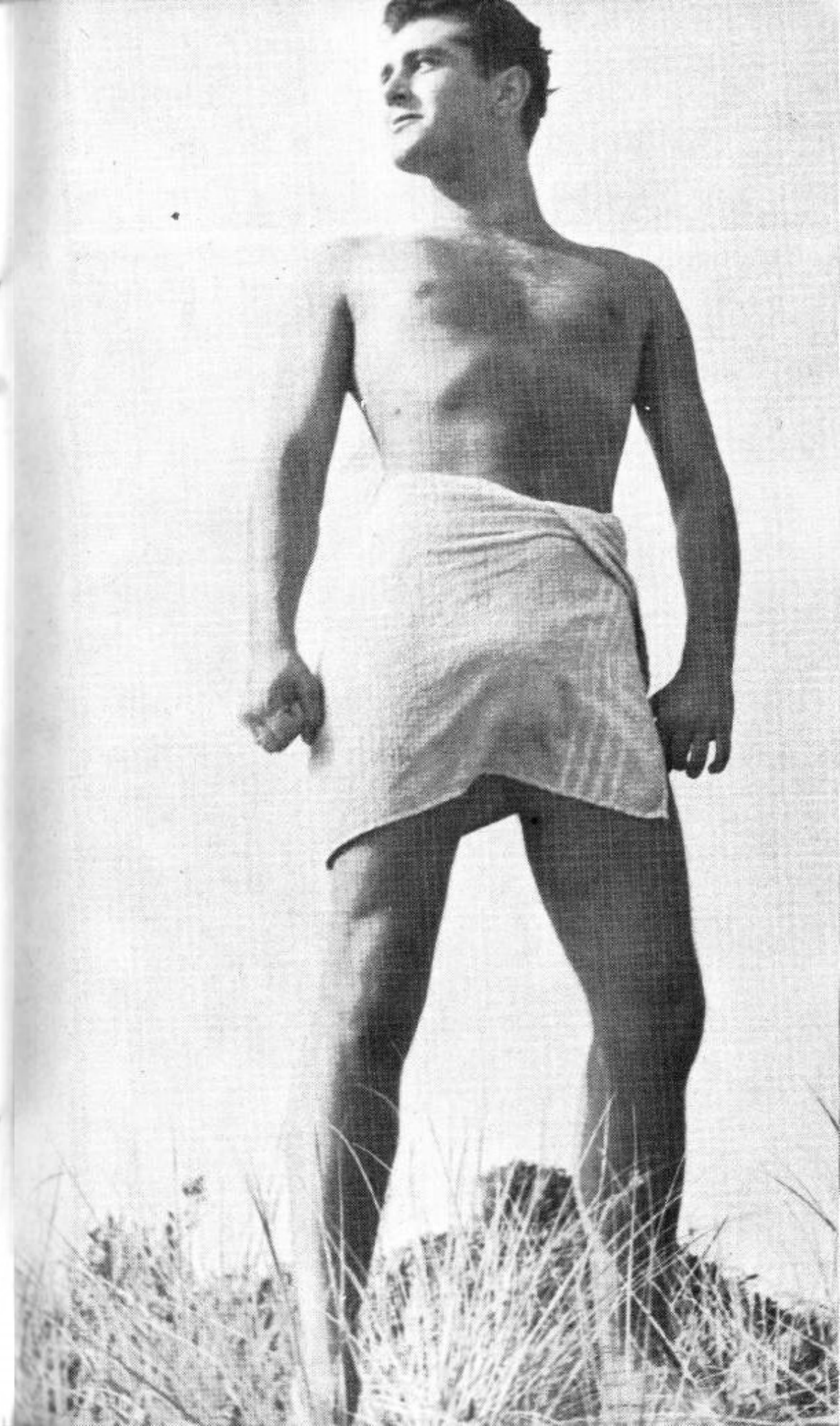
CHUCK REPLINGER.
Photo by
ART-KRAFT.

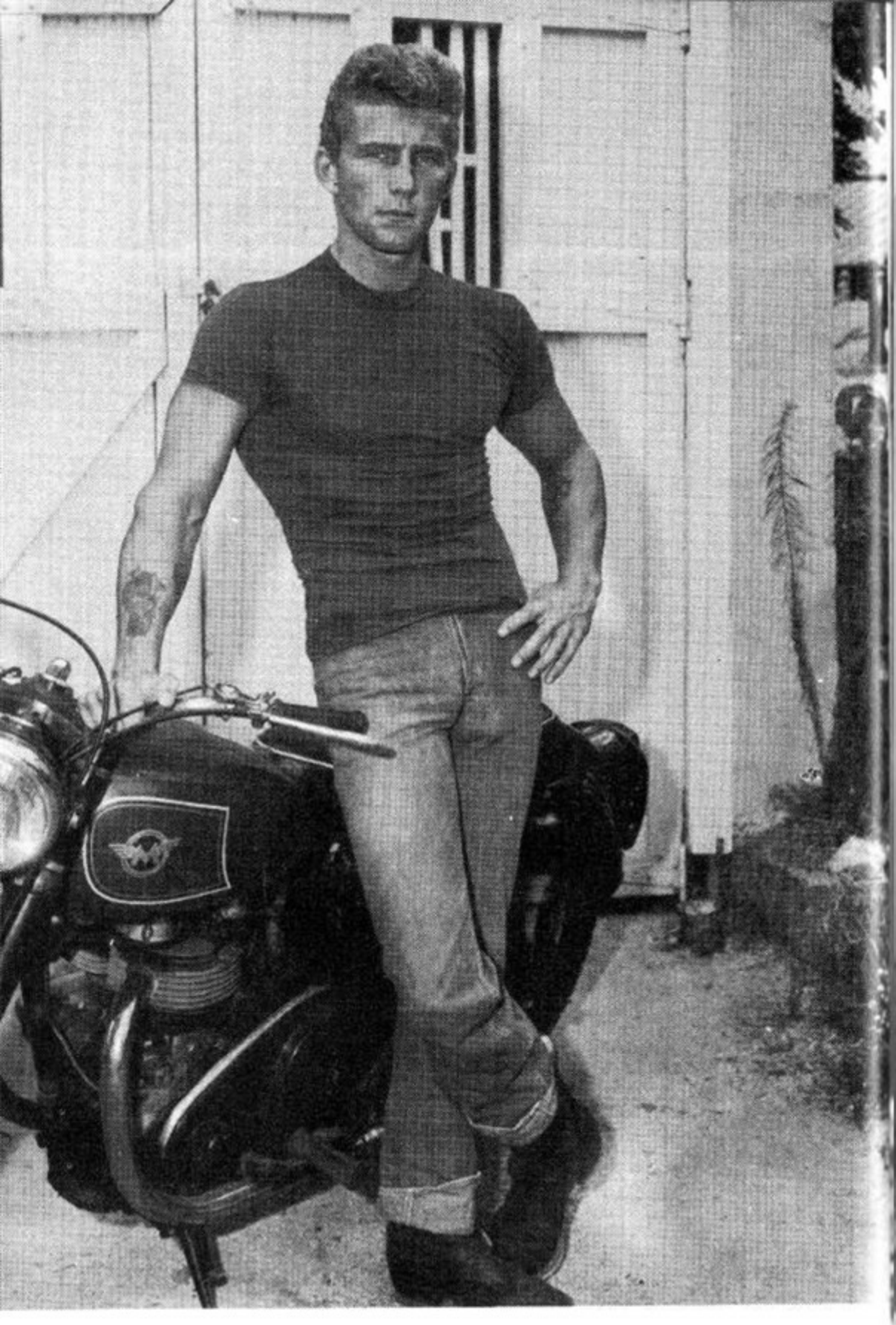
LEE CRITES.
Photos by
KRIS.

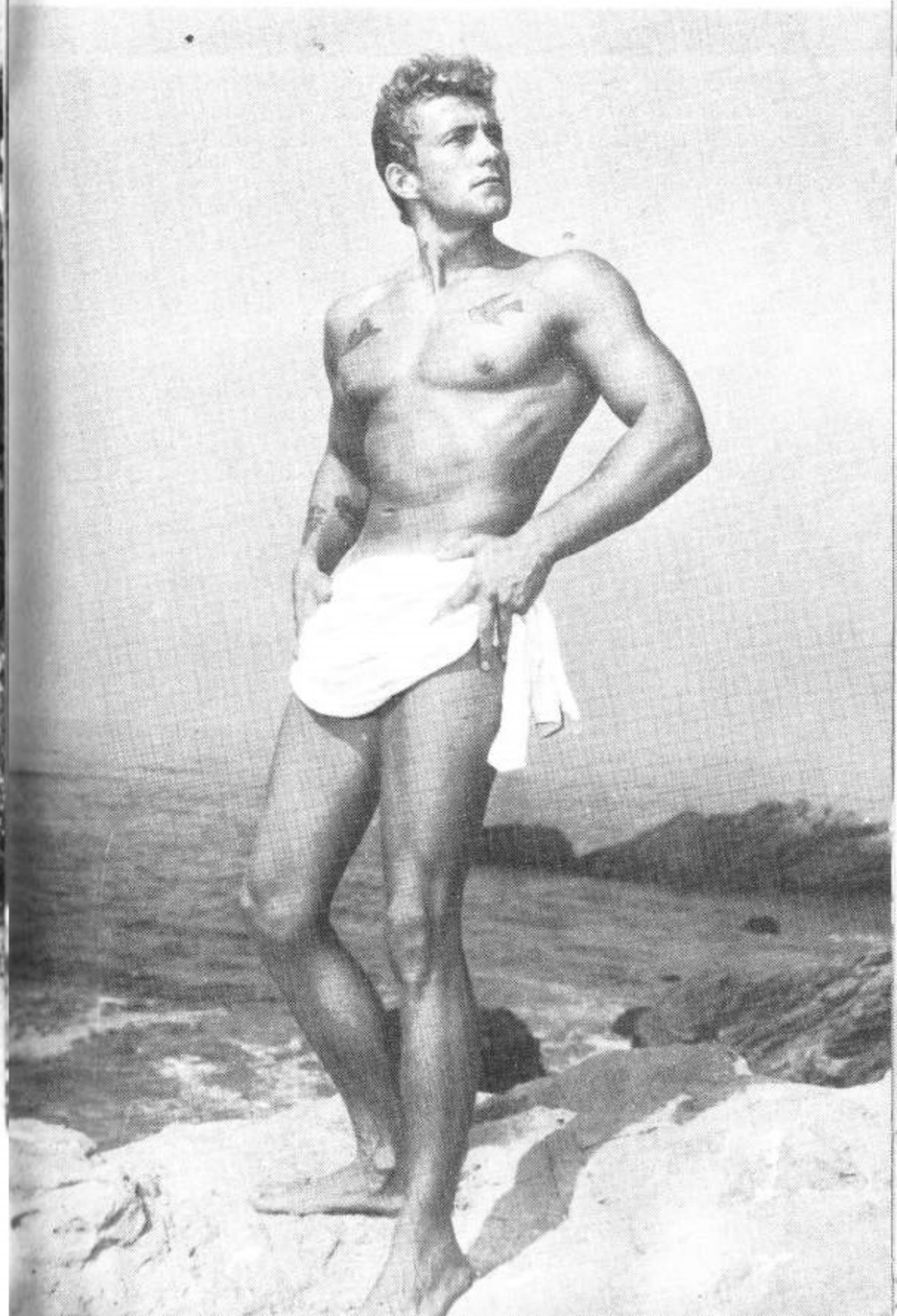


DON MADIA.
Photo by
MALE TODAY.





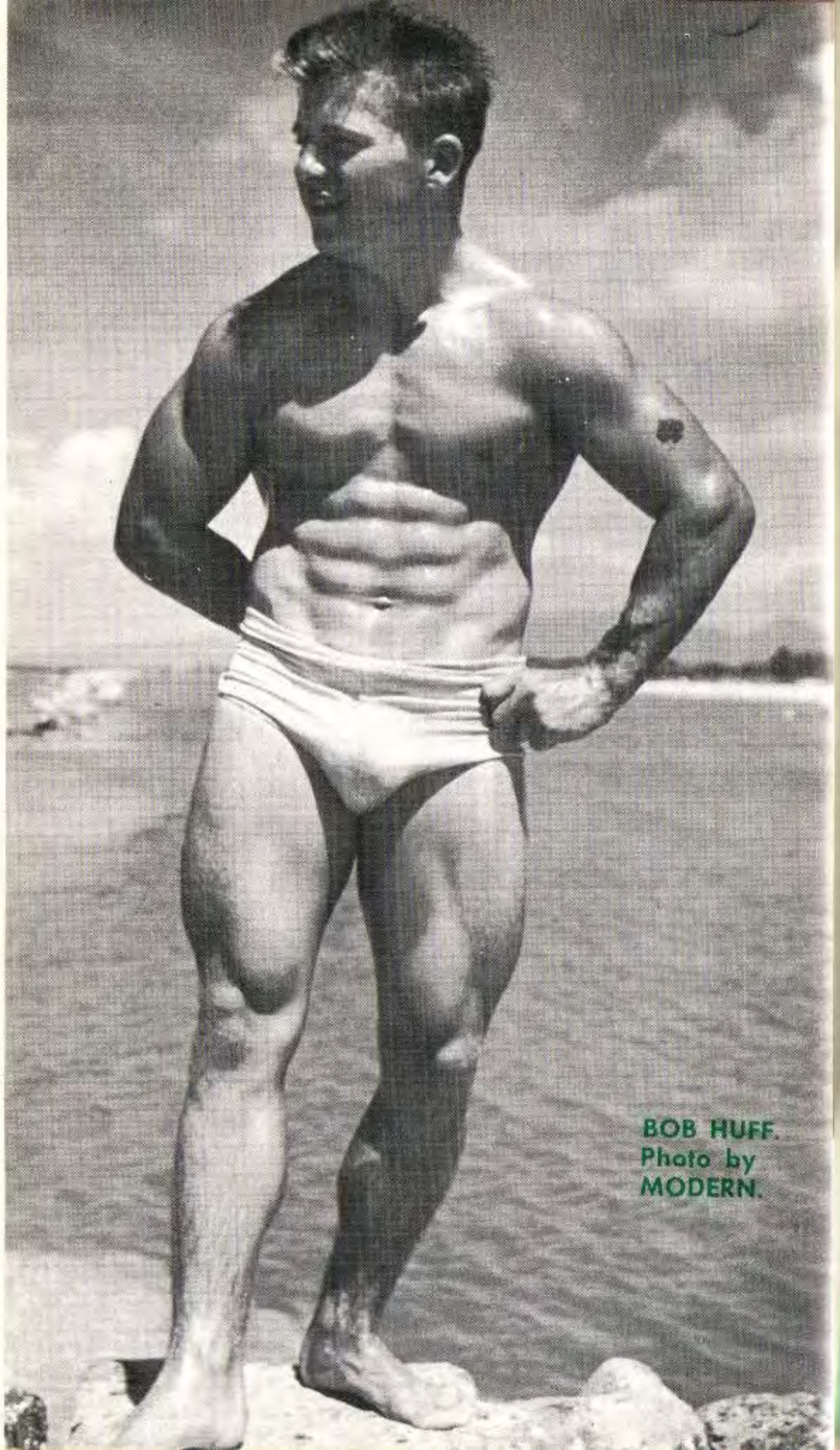




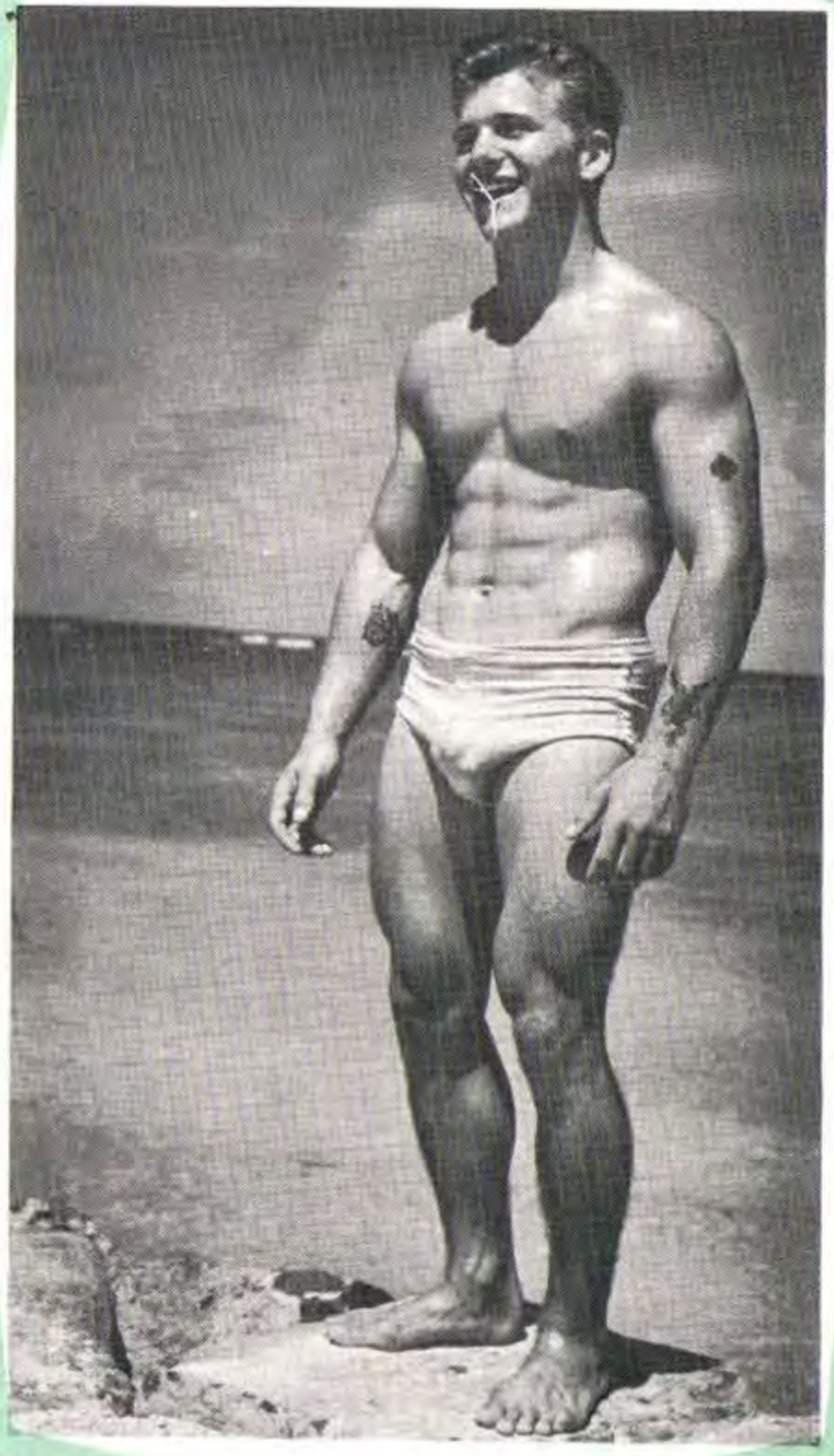
Blonde, blue-eyed BOB ATHENS rates skin diving as his first love in sports. These photos are by JOE ROBINSON.

CHUCK KILBURY.
Photo by
ART-KRAFT.

ROMAIN LEVESQUE.
Photo by
JOHN RYAN.



BOB HUFF.
Photo by
MODERN.



RON BERNARD
Photo by
VULCAN.

Fizeek Directory

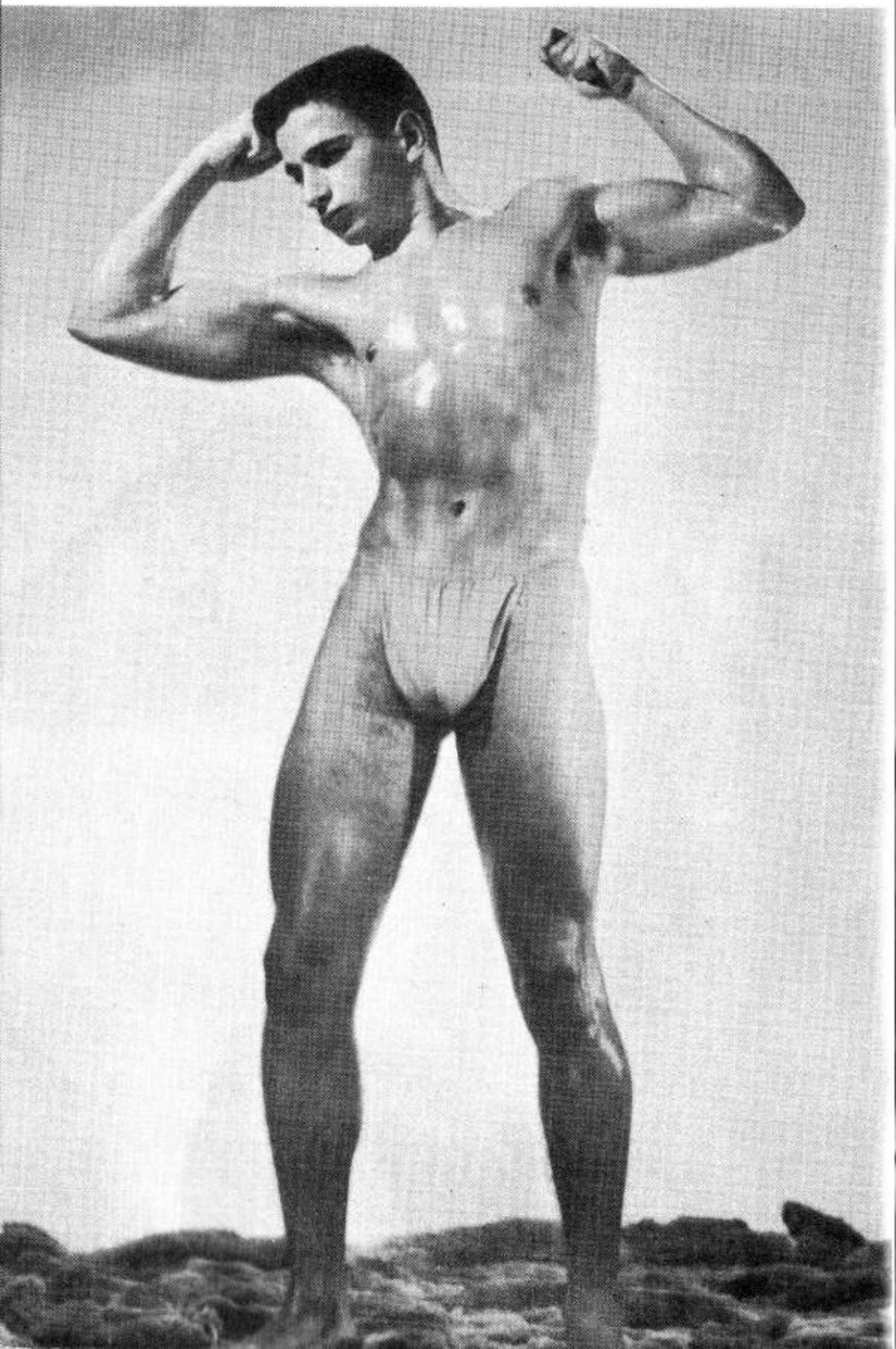
Listed below are the artists and photographers with whose work FIZEEK is familiar and urges its readers to support. Send $1.00 for catalogs. Tell them you saw their work in FIZEEK. Photographers whose names appear under photo credits but who are not listed in Directory do not have any photographs for sale.

Bob Anthony, 102 W. 75th St., N.Y., N.Y.
Apollo Productions, 5880 Hollywood Blvd., Hollywood, Calif.
Studio Arax, 31 Blvd. Raspail, Paris VIIe, France (Note no catalogs available, Prints $1 Each with a minimum order of six)
Jon Arnt, 111 Eastlake, Seattle, Wash.
Art Bob, 1611 North Ave. 56, Los Angeles 42, Calif.
Art-Kraft, P.O. Box 52, Norfolk, Virginia
B & B Studios, P.O. Box 65983, Glassel Sta., Los Angeles 65, Calif.
Billy-Bob, 107 Englesside St., Alexandria, Va.
BM/VADC, London W.C. 1, England
Glenn Bishop Studio, P.O. Box 461, Grand Haven, Mich.
Bruce, 11762 Kensington Road, Los Alamitos, Cailf.
Cal-Model, Box 285, San Francisco, Calif.
Rod Crowther, Box 4116, Chevy Chase 15, Md.
Photos by "D", 51 Jane St., N.Y. 14, N.Y.
Ross Deaner, Box 267, Somerset, Penna.
Domenique of London, Suite 35a, 119 Oxford St., London
Emerald Pictures, P.O. Box 352, Bellmore, N.Y.
Etienne, P.O. Box 1251, Chicago 90, Ill.
Eurphoto Muscles, Rue Haute 17, Andrimont, Belgique
Forca e Saude, Rua Da Gloria 32, Apt. 702, Rio de Janeiro, Brazil
Fredon, Box 1407, Milwaukee 1, Wisc.
Dick Harrison, P.O. Box 46723, L.A. 5, Calif.
Al Heinecke, P.O. Box 598, Lakewood, New Jersey
JaBee Studios, 428 Valley Street, Orange, N. J.
James E. Hills, P.O. Box 4989, San Francisco 1, Calif.
Jock Studio and Agency, P.O. Box 404, Johannesburg, Transvaal, South Africa.
J-Rome, Box 2303, Hollywood 28, Calif.
Ralph Kelly, Box 75082, Sanford Sta., L. A. 5, Calif.
Robert T. King, Box 24, Morris Heights Sta., N.Y. 53, N.Y.
Kris Studio, Box 1251, Chicago 90, Ill.
William P. Lochte, 6206 Wagner Lane, Wash. 16, D. C.
Mark-One, Box 32, Lachine, Que., Canada
Matt's, 224 Second St., Henderson, Ky.
William MacLane Studios, P.O. Box 9012 Queen Ann Sta., Seattle 9, Wash.
Male Today, Box 9, N.Y. 4, N.Y.
Mercury Photographic Service, P.O. Box 2, Norfolk, Va.
Modern, P.O. Box 2022, Montgomery, Alabama
Paignton, 86, Castelnau, Barnes, London, S.W. 13, England
John Palatinus, 135 W. 13th St., N.Y. 11, N.Y.
Edward Quirk, Box 284, Belleville, Mich.
H. S. Price, Box 1654, Miami 10, Fla.
Grover Reagan, 17 Degraw Ave., Teaneck, N.J.
Royale, 110 Denbig St., London S.W. 1, England
John Ryan, 803 Mt. Royal, East, Montreal, Que., Canada
Sven Scheme, Erstagatan 24, Stockholm So., Sweden
Jack Sidney, P.O. Box 97 Williamsburg Sta., Brooklyn 11, N.Y.
The Sophisticate, 6 Normal Blvd., Glassboro, N.J.
Spartan, Box 46905 West Branch, L.A. 46, Calif.
Spectrum, P.O. Box 35, Sta. E., Cincinnati 19, Ohio
Underwood Photographic Guild, 4618 Columbia St., Portsmouth, Va.
Al Urban, 406 E. 73rd St., N.Y. 21, N.Y.
Russ Warner, 6605 Hollywood Blvd., Hollywood 28, Calif.
Vulcan Studio, 41 East 30th St., N.Y. 16, N.Y.
Wessart Studio, P.O. Box 4293, Portland 8, Ore.
Western Photography Guild, Box 2801, Denver 1, Colo.
Don Wight, Route 1, Millersburg, Ohio
Avery Willard, 28 West 56th St., N.Y., N.Y.
M. C. Woods, P.O. Box 726, Glendale 5, Calif.
Don Young, 44 Westminster Rd., Brooklyn 18, N.Y.
J. Zenith, Box 775, 5889 Hollywood Blvd., Hollywood, Calif.

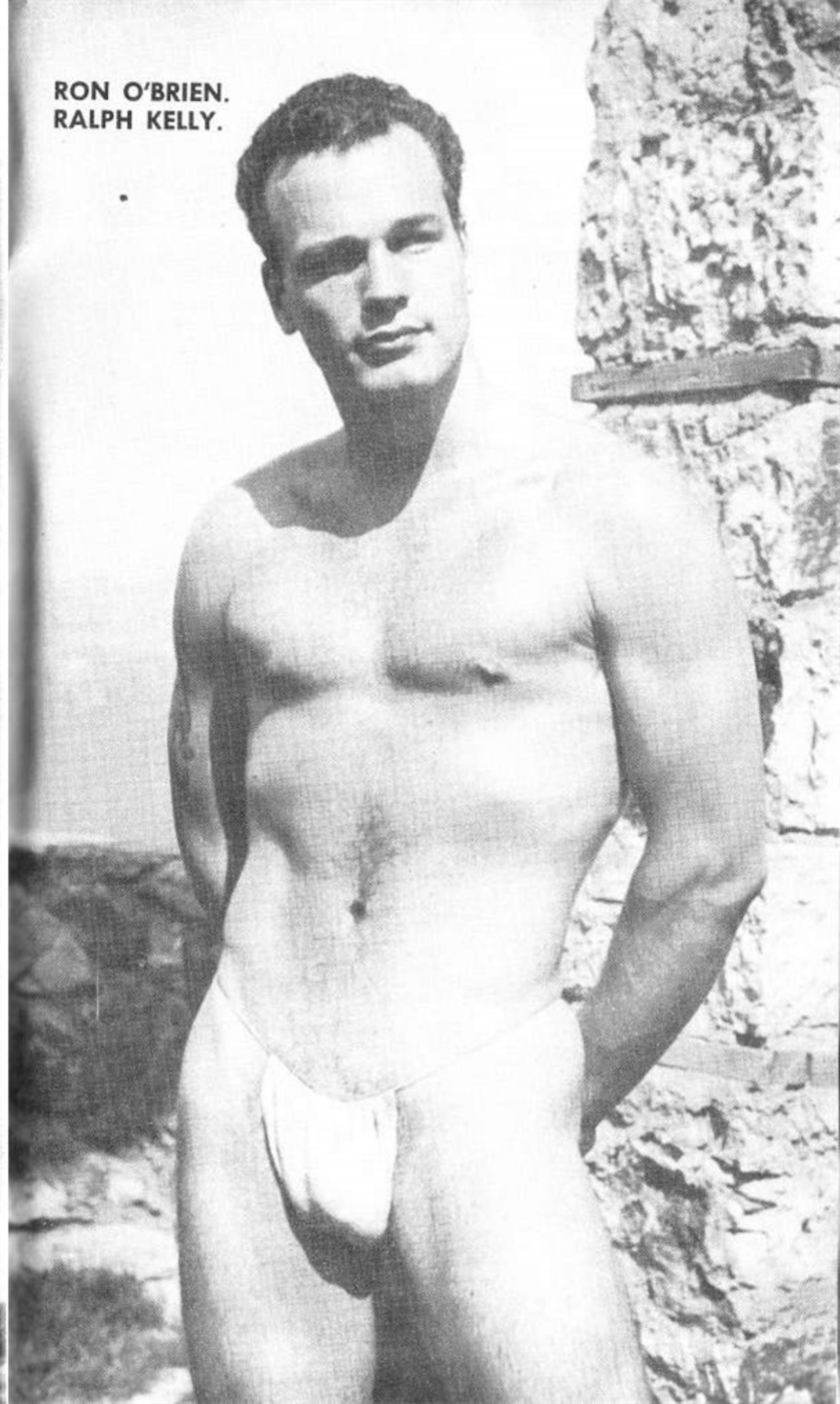
HENDRYK PIENAAR.
Photo by JOCK.

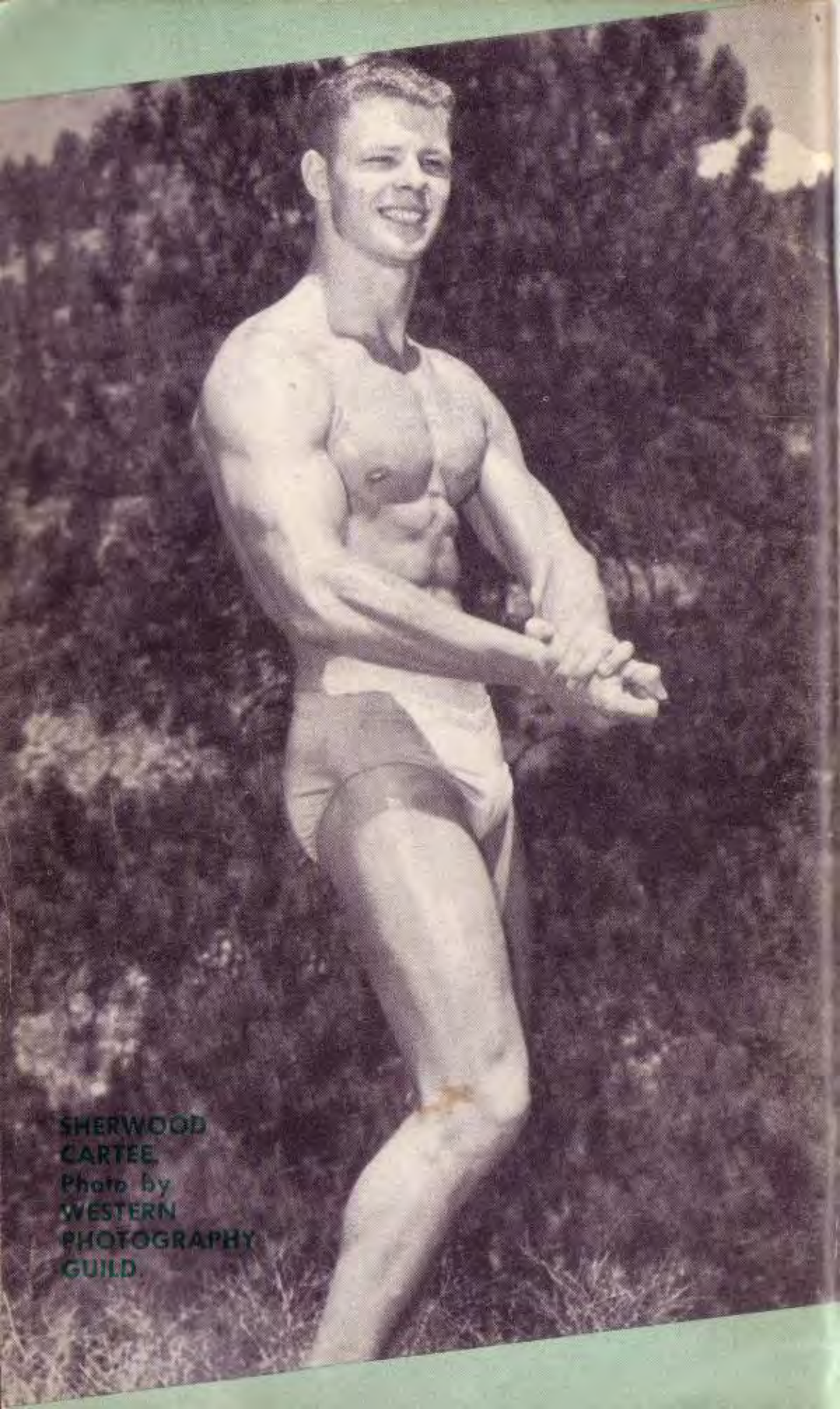
JIM DILLOW.
Photos by
BRUCE.

TOM MARLBORO, 16-year old high school athlete in a shot by BOB ANTHONY.



RON O'BRIEN.
RALPH KELLY.





SHERWOOD CARTEE
Photo by WESTERN PHOTOGRAPHY GUILD